

A N N U A L N A R R A T I V E R E P O R T
OF

MILDRED O. EATON
County Home Agent

GREENLEE COUNTY
ARIZONA

December 1, 1955 to November 30, 1956

TABLE OF CONTENT

	Page
AIMS OF COUNTY EXTENSION WORK	1
SITUATION IN THE COUNTY	1
EXTENSION ORGANIZATION AND PLANNING	2
County Map Locating Clubs	3
County Homemaker's Council	4
Program for Spring Meeting	5
County By-Laws - Revised	6
Letter to Homemakers	7
National Home Demonstration Week.....	8
Country Life Conference.....	10
1956 Program Booklet.....	11
Program Planning	12
Training Meetings.....	16
Other Agent Work	17
Sample Newsletter	19
Other Assistance	20
CLOTHING AND TEXTILES	20
Lesson Outlines	21
Lessons and Activities	23
Results.....	24
FOODS AND NUTRITION	25
Lesson Outlines	26
Results	30
HOME MANAGEMENT	31
Lesson Outline	32
Results	33
HOME FURNISHINGS	33
Pictures of Project Work	34
Results	36
HEALTH AND SAFETY	37
COMMUNITY WORK	37
Publicity	37
County Fairs	38
Results	38
RECOMMENDATIONS	39
OUTLOOK	40
SUMMARY OF HOME ECONOMICS 4-H WORK	41
Organization and Planning	41
Clothing	42
Foods	47
Room Improvement	49
Community Activities	50
COPIES OF ADDITIONAL MATERIAL	
Homemaker Letters	52
4-H Letters	58
Weekly Column and News Articles	62

Greenlee County
Extension Work in Home Economics
Narrative Report

Aims of County Extension Work

- 1- To improve home and family life through adult education and youth work in order that each home and community and our nation may be a better place in which to live.
- 2- To make better understanding between persons in our communities and peoples of other nations and races.
- 3- To make 4-H Club Work available to all boys and girls in the county.
- 4- To make home economics information available to all homemakers in the county.
- 5- To develop leadership.

Situation in the County

Greenlee is the second smallest county located in the southeastern part of Arizona. It is long and narrow with most of the residents living in the southern half. The northern half is high mountain country.

Agriculture and ranching is carried on in the southern third and copper mining in the northern part of the southern half. The main crops are cotton and varieties of vegetables. The agricultural areas depend upon deep wells and the Gila River which flows through the county from east to northwest.

Peoples of four races live in the county - White, Mexican, Indian, Italian, and Negro.

Eight of the ten communities are fairly close together - within a radius of fifty miles. Three of these areas are in the farming and ranching section, and four in the mining area.

There are three isolated communities in the northern mountains where some ranching is carried on - about eighty five and one hundred fifty miles from the county seat. Each is quite isolated and was not reached by the home agent except when two homemakers called at the Graham County office for assistance.

The mining towns are company owned.

Highway 70 crosses the county from east to west, and 666 from southwest to northeast. These make it possible for residents to reach Safford in Graham County and nearby New Mexico towns for shopping since there are no large towns in the county.

Clifton, the county seat, is located along a canyon below the towns of Morenci, Plantsite, and Stargo which are located on mountain sides in the mining area and near the north part of the south half of the county.

The Agricultural Extension Office is located in Duncan. The agricultural agent lives and has his office here.

Since the home agent serves both Greenlee and Graham Counties, she maintains her main office in the other county coming to Duncan at regular intervals for office work and assistance to 4-H Clubs. Three of the four homemaker clubs are in the mining communities around Morenci and Clifton - forty five to fifty miles from the office in Duncan. The other club is around the York community - sixteen miles from Duncan.

EXTENSION ORGANIZATION and PLANNING

The homemakers in four communities were organized into clubs for the purpose of carrying on home economics extension work and gaining information that will help them as homemakers. One club was largely made up of homemakers in the ranching area, about sixteen miles from the county extension office in Duncan and approximately twentyfive miles from the county seat of Clifton. One club was made up of homemakers who worked or had small children and lived in the county seat. The other two clubs were made up of homemakers whose husbands worked for the Phelps Dodge Mining Company.

These clubs met regularly each month. Two clubs held a second meeting for social activities and working on special problems.

The home agent met with each of these homemakers clubs twice during 1956 - once to help organize their program activities and once to give the subject matter lesson.

Other clubs have made use of extension information through the services of the home agent, bulletins, and mimeograph materials.

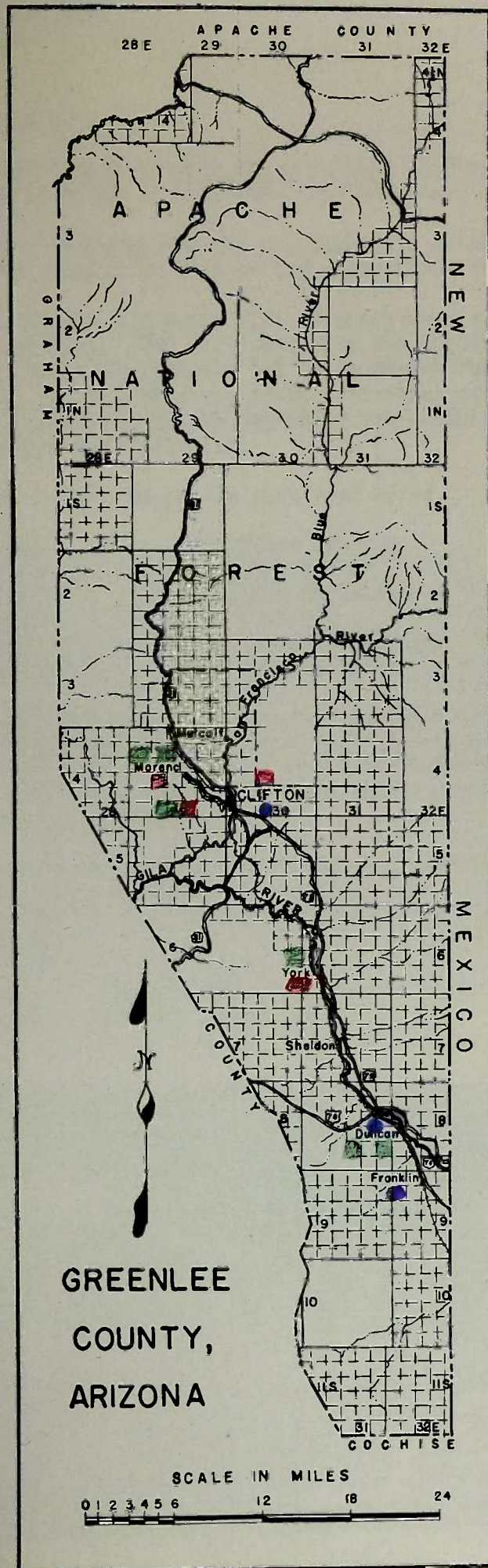
The Extension Homemakers Club meetings are open to every homemaker. The services of the home agent and the extension publications are available to each homemaker who desires this information and help.

Each club was organized with its own officers - president, vice president, secretary, treasurer, reporter, and one or two subject matter leaders for each lesson.

The officers had the responsibility of directing the activities and business of the club and in cooperating in the county council and with its activities.

The subject matter leaders had the responsibilities of attending the leader training meeting, preparation of the lesson, and giving it for members of their club.

The secretary of each club sent a report containing information about her club meeting to the extension office each month.



Location of:

- Home Economics 4-H Clubs
- Home maker Extension Clubs
- Other organizations Assisted (adult)

Council Meetings

The Homemakers County Council was organized for the purpose of planning and carrying of activities and programs.

Each homemaker belonged and was privileged to attend each meeting of the county council as well as the club of her choice.

The council had six officers, five of which were elected annually from the membership. The parliamentarian was appointed by the president. The county council met twice during the year -- in April for business, reports of clubs work, activities of 4-H Club Work, and movies on Arizona; and in September for business, election of officers, and program planning.

Officers who served during the past year were:

President	Mrs. Flora Munkres	Morenci Club
Vice President	Mrs. Dean Rapier	York Club
Secretary	Mrs. Edna Larremore	Clifton Club
Treasurer	Mrs. Vivi Cox	Morenci Club
Reporter	Mrs. Virginia Sinclair	Plantsite Club
Parliamentarian	Mrs. Loretta Miles	Plantsite Club

These officers met three times during the year to plan for council meetings, furthering of the extension program, reaching other homemakers with their program, and planning their program activities. The home agent met with these officers for each meeting and assisted with their planning and discussions.

During the March meeting of the council officers, plans were made for observance of National Home Demonstration Week, suggested changes in the by-laws and score sheet for achievement were reviewed and final decisions made.

The following is a picture taken during the March meeting of the County Council Officers and home agent:



A copy of the proposed changes in by-laws and score sheet for club achievement was sent out to each extension club member a week before the day they were to be voted on during the spring council meeting.

The spring council meeting was held during National Home Demonstration Week at the York Club House with a pot-luck dinner at noon. During the morning business meeting changes in by-laws and score sheet were voted on and accepted after two changes from the floor were made. A copy of each as revised are included with this report. Money for delegate to Country Life Conference was attained.

The following picture was taken during the Spring Homemakers Council Meeting in the York Club House:



During the afternoon the State Leader of Home Economics Extension discussed extension work in other counties and plans for Country Life Conference. A movie on Arizona was shown by the home agent. Each of the four clubs presented a skit followed by group singing.

The Nominating Committee for the selection of officers for the County Homemakers Council met at the home of their chairman, Mrs. Charlotte Manola. Guides set up by last year's committee were reviewed and used as a basis and guide in selecting homemakers to be nominated as county officers for the coming year. Other homemakers serving on the committee were Mrs. Iola McKeon from York, Mrs. Pearl Anderson from Plantsite, Mrs. Irene Estes from Morenci, and the home agent.

GREENLEE HOMEMAKER'S COUNCIL MEETING

York Club House

May 3, 1956

- 9:45 A. M. - Registration
- 10:00 A. M. - Group Singing, Pledge to the Flag
- 10:05 A. M. - Business Meeting
- 10:50 A. M. - Reports of Clubs
- 11:10 A. M. - Report of 4-H Activities
- 11:20 A. M. - Report by National 4-H Congress Delegate
- 11:35 A. M. - Talk - "Arizona and National Home Demonstration Activities" by
Miss Jean Stewart, State Leader
Home Demonstration Work
- 11:55 A. M. - Group Singing
- Noon - Lunch
- 1:00 P. M. - Movies:
"The Town That Came Back"
"Arizona Scenes"
- 2:00 P. M. - Stunts - by Clubs

GREENLEE COUNTY HOMEMAKERS COUNCIL CONSTITUTION
(Revised - May 5, 1956)

ARTICLE I -- Name: The name of this organization shall be the Greenlee County Homemakers' Council.

ARTICLE II -- Object: The object of this organization shall be:

- 1- To develop, strengthen, and correlate the work of homemakers' clubs throughout the county in their efforts to assist women and girls in promoting all activities pertaining to high standards of home and community life.
- 2- To give inspiration to each other by the exchange of ideas.
- 3- To sponsor 4-H Club Work by ---
 - a- Helping the County Extension Agent to determine kinds of clubs which should be organized, and
 - b- Assuming responsibility of promoting 4-H Club Work in every community in the county.
- 4- To further county-wide activities pertaining to home and community.
- 5- To represent the membership of the homemakers' clubs on all matters which call for united action.
- 6- To serve as an advisory body for the County Extension Agent on all matters which affect Home Demonstration work.

ARTICLE III - Membership: The members of the Council shall be:

- 1- All members of Homemakers' Clubs
- 2- One representative of any other organization which sponsors any phase of the County Extension program.
- 3- Each member shall have one vote in regular business meetings.
- 4- Each Homemakers' Club shall have four votes in program planning at the fall council meeting, and other organizations a vote for each representative.
- 5- The County Extension Agent shall be a member ex-officio.

ARTICLE IV -- Officers:

- 1- The officers shall be:
 - a- president
 - b- vice president
 - c- secretary
 - d- treasurer
 - e- reporter
- 2- They shall be chosen annually from among the membership of the council.
- 3- The officers together with the County Extension Agent shall constitute the Executive Committee and shall act for the council on matters requiring immediate action.

ARTICLE V - Meetings:

- 1- Number of meetings shall be:
 - a- At least two meetings shall be held annually, one in the spring and one in the fall.
 - b- Other meetings may be arranged on call of the President
- 2- A quorum of nine members shall be present to do business.

ARTICLE VI - Amendments: This constitution may be amended by a majority vote of the Council present at either regular meeting.

B Y - L A W S

ARTICLE I -- Election:

- 1- The annual election of officers shall be held at the annual fall meeting.
- 2- The nominating committee of three shall be appointed by the president at the spring council meeting.

ARTICLE II - Duties of the Officers:

- 1- President:
 - a- Call and preside at all meetings, regular or special
 - b- Represent the Council at all County Extension Meetings requiring such representation
 - c- Appoint parliamentarian upon assuming office
 - d- Appoint committees.
- 2- Vice President:
 - a- The Vice President shall act in the absence of the President
 - b- She shall represent the Council in organizing new homemaker clubs.
- 3- Secretary:
 - a- Keep all records and minutes of meetings and send minutes of meetings to county extension agent immediately following meeting.
- 4- Treasurer:
 - a- Handle money needed to carry on work of the Council
- 5- Reporter:
 - a- Announce and report all regular Council Meetings to radio and press.
- 6- The County Extension Agent shall send a brief digest of the Secretary's minutes following each meeting to the presidents of all organizations represented on the Council.

ARTICLE III- Provision for Membership:

- 1- Any group eligible for and deserving representation on this Council shall take the following steps:
 - a- Discuss the matter at the regular meeting of that particular organization.
 - b- Officers are responsible for representation at all meetings.
 - c- Provide in the Order of Business for reports of meetings of Council, and for action on matters calling for participation of the group.
 - d- Empower the President to call special meetings of the organization she represents for the purpose of considering any matters which must be acted upon before the time of the next regular meeting.

- 2- Outgoing officers -- In case the representative of the group is an officer in the Council, she shall continue to hold office in the Council until the time for adjournment of the fall meeting.

ARTICLE IV - Purpose of Meeting:

- 1- Spring Meeting:
 - a- Shall be Homemakers achievement program
 - b- Have annual report of each organization represented.
 - c- Discuss any plans necessary for carrying on home demonstration and 4-H Club project work for the year.
 - d- Make plans for National Home Demonstration Week.
- 2- Fall Meeting:
 - a- Decide upon County Home Demonstration program for the coming year.
 - b- Hold annual election of officers.

ARTICLE V -- Order of Business: The order of business shall be determined by the Council Executive Committee and the County Extension Agent.

ARTICLE VI - Attendance:

- 1- All clubs are expected to be represented at all meetings of the Council.
- 2- Any member of any organization represented on the Council is welcome to attend all meetings of the Council. Publicity through the press will be as to the time and place of meeting, but notices will be sent only to members of the Council.
- 3- Any other person interested in Home Betterment will be welcome at the meeting.

ARTICLE VII- Funds: All homemaker clubs shall have a money making project and one-third of that money made (or a minimum of five dollars) shall be paid to the County Council by April first of each year.

ARTICLE VIII- Amendments: These by-laws may be amended in the same manner as that provided for amending the constitution.

April 24, 1956

To ----- Members of the Greenlee Homemaker's Extension Clubs

About ----- Plans for your County Homemaker's Council Meeting

From ----- The Executive Committee of the Homemaker's Council

The spring meeting of our Homemaker's Council will be held May 3rd in the York Club House with the York Homemakers as hostesses.

Registration will be at 9:45 A. M. and the meeting starting promptly at 10:00 A. M.

During the morning session each club president or her representative will make the Club's report on activities and accomplishments during the past year.

Lunch at noon will be provided as follows:

Meat and drink by the York Club

Salads by Plantsite Club

Vegetables and relishes by Morenci Club

Desserts by Clifton Club

During the afternoon session each club will present a skit and two movies will be shown : --- "The Town That Came Back" and the movie showing this area of Arizona and up the Coronado Trail.

Miss Jean Stewart, State Leader of Home Demonstration Work, plans on being with us on May 3rd.

COUNTRY LIFE CONFERENCE --- will be held on the campus of the University of Arizona, June 19-22.

You will live in Yuma Hall, a dormitory for women on the campus. Please bring blanket, towels, and soap. Meals will be served in the Student Union Memorial Building.

Fees -- The cost is twelve dollars and fifty cents (\$12.50). This covers eight meals and three night's lodging. It also includes a registration fee of \$2.

Registration slips should be received at the Safford County Office not later than June 1, 1956.

If the registration form isn't included in this letter, please check with your club chairman for your copy. It will be included if they are received from Miss Stewart by the time the notice of your council meeting goes into the mail.

I hope a number of you can go. Those who have been there during previous years report wonderful meetings and a grand time.

Sincerely,

Mildred O. Eaton

MILDRED O. EATON
Home Demonstration Agent
Greenlee-Graham Counties

MOE:fs
c/100

Proposed Changes in By-Laws:

It seems advisable for some changes to be made in the Greenlee Homemaker's Constitution and By-laws. After careful study the Executive Committee of the Greenlee Homemaker's Council suggests the following changes:

CONSTITUTION

Now Reads

Changed to Read

ARTICLE III - Membership: The members of the Council shall be:

- (2) Three representatives of any other organization which sponsors any phase of the County Extension Program.

- (2) One representative of any other organization which sponsors any phase of the County Extension Program.

ARTICLE V - Meetings:

Add -- (2) A quorum of nine members shall be present to do business.

BY-LAWS

ARTICLE II - Duties of Officers:

- (2) - Vice President
(a) The vice president shall act in the absence of the President.

Add -- (b) - Represent Council in organizing new homemaker clubs.

ARTICLE III Provision for Membership:

- (1) Any group eligible for and deserving representation on this Council shall take the following steps:

- (a) Discuss the matter at the regular meeting of the organization.

- (a) Discuss the matter at the regular meeting of that particular organization.

- (b) Make provision where necessary for paying expenses of officers for attendance at all meetings of the Council.

- (b) Eliminate all of (b).

ARTICLE VII - Funds:

All homemaker clubs shall have a money making project and one-third of that money made shall be paid to the County Council.

All homemaker clubs shall have a money making project and one-third of that money made (or a minimum of five dollars) shall be paid to the County Council by April first of each year.

PLEASE STUDY the above PROPOSED CHANGES and be READY TO VOTE during the business meeting of the Greenlee Homemakers Council on May 3.

FORM FOR APPLICATION FOR ACHIEVEMENT

During the January meeting of the Executive Committee of the Greenlee County Homemaker's Council, the form for "Application for Achievement" was discussed. It was felt that the form now being used was so indefinite -- that it doesn't show a true picture of work done by the homemaker's club. Therefore, the Council's executive officers formulated the following score sheet.

This score sheet has been presented to Miss Jean Stewart, State Leader of Home Demonstration Work, University of Arizona, for her approval.

Will you STUDY the following suggested SCORE SHEET and be prepared to VOTE on it during the May 3rd meeting of the Greenlee Homemaker's Council?

SCORE SHEET

REPRESENTATION AT TRAINING MEETINGS.	(36)
Officer - Leader -(1 point for each leader and officer). . .	12
Lesson - (2 points for each leader at each training meeting .	24
REPRESENTATION AT OTHER COUNTY MEETINGS.	(23)
County Council - (50% of active members present -	
5 points each meeting	10
County Executive Officer perform duties of office and	
attends majority of council and	
executive meetings.	5
Program Planning - 4 representatives - 1 point each for	
each of two meetings	8
CLUB MEETINGS	(33)
Monthly Meetings (10) - 1 point for each extension planned	
meeting	10
Special Workshop or Lesson - (extension sponsored) -	
1 point for each	3
Secretary keeps satisfactory minutes and sends report to	
county office before end of month.	10
Reporter - $\frac{1}{2}$ point for each news article.	5
Business Meeting - uses good parliamentary procedure,	
starts on time	5
EXTRA ACTIVITIES	(8)
Sponsors one or more 4-H Club	5
One meeting for husbands or family	1
Observes National Home Demonstration Week by window	
display, publicity, etc.	5
Assists with Homemaker Exhibit during County Fair.	2
Representation at State Homemaker's Conference	1

Total Possible Points

100

75 points necessary for Certificate of Achievement

During the meeting of the council officers and home agent prior to the fall council meeting, a farewell luncheon and handkerchief shower were held for the county reporter who is leaving for Peru, South American. Dates and places were set for the program planning and council meetings.

The Greenlee County Council held their fall meeting in the Legion Hall with the Morenci Homemakers as hostesses. After a pot-luck dinner the council conducted their business meeting. It was decided to print a membership card for active members so they would feel they really belonged to Homemakers Clubs. The following ladies were elected as officers of the County Council for the coming year:

Mrs. Flora Munkres (Morenci Club)	-----	County President
Mrs. Faye Forehand (Clifton Club)	-	County Vice President
Mrs. Betty Enrico (Morenci Club)	-----	Secretary
Mrs. Frank Willis (York Club)	-----	Treasurer
Mrs. Bernice Parks (Plantsite Club)	-----	Reporter

These officers were installed by Miss Jean Stewart, State Leader of Home Economics Extension Work. Miss Stewart also explained the plans for cancer organizations and work in the state. Corsages were presented to the outgoing and incoming county officers.

National Home Demonstration Week

The spring Homemakers Council meeting was held during National Home Demonstration Week. Each of the four homemaker clubs set up a window display for the view of the public during this week. Some phase of the work covered during the past year was shown -- Plantsite set a table for a buffet luncheon; Clifton showed a table that had been refinished and a stool that had been made during the Refinishing and Repair workshops; Morenci had a display of home economic bulletins available from the extension office; and York showed the steps in making a footstool learned during the Repair workshop in their Duncan window. Stools in three different stages of completions were used. Each of the four clubs used extension bulletins as a means of further informing the public.

The following are pictures taken of two of the window displays -



The County Publicity Chairman had articles in the County Copper Era newspaper telling about home demonstration extension work, plans for the county council meeting, activities during the council meeting following the meeting, and one on the election of the temporary president as county president for the coming year.

The home agent interviewed a representative from each of the four homemaker clubs about work and activities in their club during the past year, their window displays, and plans for the coming year. This was during a thirty minute broadcast over Clifton Radio Station KCIF on May 5 from 12 to 12:30/

All meetings of the County Council and council officers were well planned and excellent meetings.

Country Life Conference

The home agent sent out leaflets on the Country Life Conference to homemakers and to representatives of other organizations -- Greenlee County Cowbells, LDS groups.

Two ladies represented Greenlee County Homemakers and assisted the two ladies from Graham County in completing plans for the content of the 1940 to 1949 period in the pagaent - "Fifty Years of Family Living in Arizona" - which was given the last night of the Country Life Conference. The meeting was held in Stargo.

The home agent gave assistance to the two-county committee with information of the things that happened and affected family living during the 1940-1949 period. She got her information from old annual extension reports.

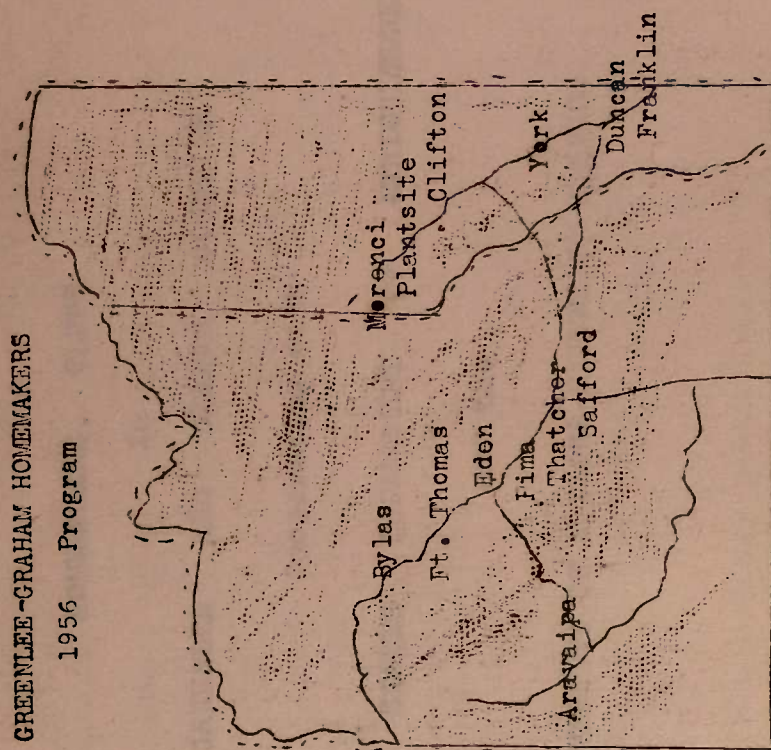
Four homemakers -- Mrs. Flora Munkres (Greenlee County President), Mrs. Ruth Harrison from the Morenci Club, Mrs. Dean Rapier (County Vice President), and Mrs. Iola McKeon from the York Club attended Country Life Conference at the University June 19-22.

Two 15 minute radio recordings were made on July 17 by the four ladies who attended Country Life Conference. The home agent interviewed the ladies while they told about some of the outstanding sessions and activities of the conference. These programs were broadcast over Station KCIF on July 21 and 28.

1956 Program

The home agent met with each homemaker club during their January meeting and assisted them in organizing and planning their leaders and activities for 1956. She gave information as needed about lesson content.

The home agent assisted in organizing the homemakers program booklets. The office secretary mineographed them. The following is a copy of the one used during 1956.



HOMEMAKERS CLUBS
in
GREENLEE AND GRAHAM COUNTIES
Cooperating with
UNITED STATES DEPARTMENT OF AGRICULTURE
and the
UNIVERSITY OF ARIZONA EXTENSION SERVICE

EXTENSION LEADERS

National

Secretary of Agriculture. Ezra T. Benson
 Director of Federal Agricultural Extension Service C. M. Ferguson

State

Director of Arizona Extension Service Charles U. Pickrell
 Assistant Director of Extension Service Howard R. Baker
 State Leader of Home Demonstration Work Jean M. Stewart
 Specialists ---
 Clothing Helen L. Church
 Foods and Nutrition Grace Ryan
 Home Management and Furnishings Madeline Barley McConnic?
 Home Demonstration Agent-at-large Graham P. Wright
 State 4-H Club Leader Rex Milhollan
 Assistant State 4-H Leader

County

Home Demonstration Agent Mildred O. Eaton
 (Graham and Greenlee Counties)
 Graham County Extension Office - Courthouse, Basement, Safford. Phone 150
 Greenlee County Extension Office - Duncan, Arizona Phone 2691
 Graham County Agricultural Agent John L. Sears
 Greenlee County Agricultural Agent Roy B. Jeter
 Graham County Office Secretary Mrs. Lorris Galusha
 Greenlee County Office Secretary Mrs. Flossie Santee

COUNTY. COUNCIL OFFICERS

Greenlee County

President

Vice President - Mrs. D. W. Rapier (Dean), R 2, Duncan... (York)

Secretary - Mrs. C. F. Larremore (Edna) Box 575, Morenci....
(Clifton Club)

Treasurer - Mrs. W. M. Cox (Vivi), Box 271, Morenci, (Morenci)

- Mrs. S. A. Sinclair (Virginia), Box 827, Morenci.
Reporter (Plantsite Club)

Parliamentarian-

Graham County

President

President - Mrs. Jerrie Scott, Thatcher.....(Thatcher)

Vice President - Mrs. Junior Weathersby (Jane), Klondyke.....
(Aravaipa Club)

Secretary-Treas- Mrs. Vinnie Marshall, Pima.....(Edon)

- Mrs. Bryco Sanders (Vera), Thatcher... (Thatcher)
Reporter

CLUB OFFICERS, LEADERS, & COMMITTEES

President _____

Vice President _____

Secretary _____

Treasurer _____

Leaders: _____

Foods

Clothing

Home Management _____

Home Furnishings _____

Committees: _____

CLUB ENROLLMENT

Name

Address

Phone No.

J A N U A R Y M E E T I N G S

Date of Meeting	Time	Date of Meeting	Time
Hostess		Hostess	
Roll Call		Roll Call	
Program Plans		Program Plans -- Organization of Program Booklets, and selection of hostesses and leaders	

SPECIAL MEETINGS

Graham Greenlee	-- Meeting of the Officers of the County Council
26 -- 25	-- Officer and Leader Training Meeting

FEBRUARY MEETING

Date of Meeting	Time	Date of Meeting	Time
Hostess		Hostess	
Roll Call		Roll Call	
Program Plans		Lesson: "Casserole Meals" given by	

SPECIAL MEETINGS

2 --	3 --	Leader Training Meeting for "Casserole Meals" - 10 AM - 3 PM conducted by the home demonstration agent
9 & 10 --	7 & 8 --	Re-upholstering of Furniture Workshops - conducted by Miss Grace Ryan, Home Furnishing Specialist, University of Arizona
13 --	13 --	Leader Training Meeting for March lesson on Care and Upkeep of Furniture given by Miss Ryan.

MARCH MEETINGS

Date of Meeting	Time	Date of Meeting	Time
Hostess		Hostess	
Roll Call		Roll Call	
Program Plans		Lesson: "Repair and Upkeep of Furniture"	

SPECIAL MEETINGS

A P R I L M E E T I N G S

Date of Meeting	Time	Date of Meeting	Time
Hostess		Hostess	
Roll Call		Roll Call	
Program Plans		Lesson: "Altering and Fitting of Clothes" by the Home Demonstration Agent	

SPECIAL MEETINGS

26	--	25	--	Leader Training for "Care and Treatment of Fabrics" by Miss Helen Church, Clothing Specialist, University of Arizona - 10:00 A. M. - 3:00 P. M.
----	----	----	----	---

MAY MEETING

Date of Meeting	Time	Date of Meeting	Time
Hostess		Hostess	
Roll Call		Roll Call	
Program Plans		Lesson: "Care and Treatment of Fabrics" by	

SPECIAL MEETINGS

J U N E M E E T I N G S

Date of Meeting	Time	Date of Meeting	Time
Hostess		Hostess	
Roll Call		Roll Call	
Program Plans		Lesson: Clubs Choice --	

given by

SPECIAL MEETINGS

J U L Y M E E T I N G

Time

Date of Meeting

Time

Hostesses

Hostesses

Program Plans

Program Plans

SPECIAL MEETINGS

AUGUST MEETINGS

Date of Meeting	Time	Date of Meeting	Time
Hostess		Hostess	
Program Plans		Plans for Meeting	

SPECIAL MEETINGS

-- Leader Training Meeting for -- "Making Better Use of Equipment" given by the home demonstration agent.

S E P T E M B E R M E E T I N G

Date of Meeting	Time	Date of Meeting	Time
Hostess		Hostess	
Roll Call		Roll Call	
Program Plans		Lesson --"Making Better Use of Equipment" given by _____	

SPECIAL MEETINGS

- Greenlee County Council Meeting - Program Planning
- Graham County Council Meeting - Program Planning
- Two-County Council Program Planning Committee Meeting
- Leader Training Meeting for "Preparation of Cooked and Baked Foods For Freezing" by Foods Specialist, University of Arizona

OCTOBER MEETINGS

Date of Meeting	Time	Date of Meeting	Time
Hostess		Hostess	
Roll Call		Roll Call	
Program Plans		Lesson: "Preparation of Cooked and Baked Foods for Freezing"	given by

SPECIAL MEETINGS:

- Greenlee County Fair
- Graham County Fair
- Leader Training Meeting - "Sewing Centers and Cabinets" by Miss Helen Church, Clothing Specialist, University of Arizona

NOVEMBER MEETINGS

Date of Meeting	Time	Date of Meeting	Time
Hostess		Hostess	
Roll Call		Roll Call	
Program Plans		Lesson: "Sewing Centers and Cabinets" given by	

SPECIAL MEETINGS

DECEMBER MEETINGS

Date of Meeting	Time	Date of Meeting	Time
Hostesses		Hostesses	
Roll Call		Roll Call	
Plans		Plans	

SPECIAL MEETINGS

ARIZONA HOMEMAKER'S CREED

To live as humbly as I can
To take what comes of good or evil and grow by my
experience into a better and more understanding
person.
To cling to the Faith which I possess and live each
day a little better than the day before.
To see others through their eyes and not through my own.
To be blind to the faults and see only the fine in
every life.
To so live that I have no need of secret places to
hide that which I would not have my friends know.
To live the same when I am alone as I do before the
world.
To be exactly what my very best friend thinks I am.
To honor the teachings of my parents and when I am
called to leave the sphere of action, to live in
the memory of someone as a true friend.

-- Mrs. Lila Newell

C R E E D

Keep us, Oh God, from pettiness; let us be large
in thought, in word, in deed.

Let us be done with fault finding and leave off
self-seeking.

May we put away all pretense and meet each other
face to face, without pity and without prejudice.

May we never be hasty in judgment and always
generous.

Teach us to put into action our better impulses
straightforward and unafraid.

Let us take time for all things; make us grow
calm, serene and gentle.

Grant that we may realize it is the little
things that create differences, that in the
big things of life we are as one.

And may we strive to touch and to know the great
common Woman's heart of us all; and O God
let us not forget to be kind.

----- Mary Stewart

HOMEMAKER'S AIM

TO HAVE EVERY HOME ---
Economically sound
Mechanically convenient
Morally wholesome
Mentally stimulating
Artistically satisfying
Physically healthy
Socially responsible
Spiritually inspiring
Founded upon mutual affection
and respect.
By Juliet Lita Bane,
Retired Head of Home Econ-
omics Dep't, University of
Illinois

SCHEDULE for HOMEMAKER'S MEETINGS

Aravaipa...3rd Wednesday, 2 PM
Clifton...4th Tuesday, 7:30 P.M.
Eden.....3rd Friday,
Morenci...3rd Thursday, 1 PM
Plantsite.1st & 3rd Tuesday, 1PM
Thatcher..2nd Friday, 3 PM
York.....2nd & 4th Thursday, 2 PM

January 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	May 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	September 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
February 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	June 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	October 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
March 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	July 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	November 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
April 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	August 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	December 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

1956 Calendar

A CLUB MEMBER'S PRAYER

Help us, O Lord, that we, as women may realize our
service to our homes and communities in a three-
fold way,

As true and loyal wives in every path of married lives;
As kind and loving mothers who will guard, carefully,
the morals, health, and efficiency of the little
lives Thou has entrusted in our care.

And as faithful and thoughtful sisters both at home
and elsewhere; ever ready to extend a helping hand
in the interests of humanity's needs in every walk
of life and in any and every community.

Program Planning

The County Program Planning Committee was composed of four representatives from each of the four homemakers clubs. This group held two meetings - one in May and one in September - to plan the 1957 program.

During the May meeting the needs of the homemaker, the community, and the county were discussed. Suggestions for lessons and activities which could be used to help fill these needs were listed. These were formulated into a check sheet by the home agent. It was set up in such a way that each homemaker could check her interests in June and again in September. A copy of this program check sheet is included in this report.

Information gained from the check sheets were tabulated by the club's four representatives before they came to the September meeting of the County Program Planning Committee.

12 homemakers, the state leader, and the home agent met the morning before the afternoon council meeting and completed suggestions for the program for the coming months. These 12 ladies were composed of 4 representatives from three of the four homemakers clubs. After discussion and review of problems influencing program and suggestions on how they could get the most value and help from their program, the lessons and activities desired were chosen.

Seven homemakers representing the four homemakers clubs met with the two representatives from Graham County Clubs and the home agent October 19. Upon examining the program suggestions from the two counties, it was found a great similarity in interests and suggestions. There was more interest in workshops on modern methods of clothing construction than on any other thing. There was also a great deal of interest by homemakers in both counties in making their homes more attractive. It was decided to have a series -- including drapes and curtains, arranging furniture, and accessories with using and understanding color - this spring along with the clothing workshops. Next fall there is to be a lesson on yeast bread variations, use of fabric scraps, and then in November start the series of lessons on managing time and energy. The rest of the series to be held during early months in 1958.

After the two-county planning meeting the four ladies from Morenci, Plantsite, and Clifton were interviewed about plans for the 1957 program over a radio transcription by the home agent. This program was broadcast Saturday morning, October 20 at 10 A. M. over the Clifton station.

The home agent organized the program for 1957 and sent requests for specialist assistance to the State Leader.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
Duncan

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Greenlee County Cooperating

Agricultural Extension
Service
Home Demonstration Work
County Agent Work

June 5, 1956

Dear Homemaker:

Your County Program Planning Committee discussed needs and interests of their club members during their May meeting. They made the suggestions given below in the check sheet.

Will you read these suggestions carefully before checking the ones that you wish assistance with during the coming year.

Will you keep in mind as you read through these suggestions:

- 1- that there is a limit to the number of things we can do in one year
- 2- that there is a limit in number of things you will have time to participate in
- 3- that you share your home demonstration agent's time and energy with another county and with the 4-H Clubs in both counties.

Ask yourself --- What do I want most this coming year? What services and help do I want most from my home demonstration agent and the extension service?

The chairman of your club's program planning committee and her committee will answer your questions about the different suggestions and give you guidance as you check.

You are being given two opportunities to check these program suggestions, with the hope each one of you will have at least one chance to check her desires. It may be you will want to change your mind about what you want most by fall. That is O. K. That's another reason for the two checking periods -- to let you think now and again in September.

The information on these check sheets will be tabulated and the information gained will be used by your club's program planning committee while voting for the program for 1957.

Sincerely yours,

Mildred O Eaton

MILDRED O. EATON
Home Demonstration Agent
Greenlee-Graham Counties

MOE:fs
cc: 195

PROGRAM PLANNING SUGGESTIONS

CLOTHING

Buying Ready-to-wear Clothes

Removal of Stains from Fabrics.....

Uses of Fabric Scraps

Workshops :

Cleaning and Adjusting your Sewing Machine

Altering Patterns

Altering of Clothes

Making Muslin Patterns

Modern Methods of Construction for Beginners

Make-over of Clothes for Children

Make-over of Clothes for Adults

FOODS AND NUTRITION

Methods of Cooking Different Cuts of Meat

Identifying Meat Cuts at the market and their Use

Party Sandwiches and Beverages

Use of Left-over Foods

Yeast Bread and Rolls

HOME FURNISHINGS

Making Our Homes More Attractive

Window Treatments: Curtains

Drapes

Blinds and Shades

Rods

[illegible]

HOME MANAGEMENT

Guides for Buying Large Equipment - (check which you are interested in):

Stoves _____ Others -----

Refrigerators

Washers

Dryers _____

Others ~~one~~ ~~one~~ ~~one~~ ~~one~~

Guides in Buying Small Equipment

Management of Time and Energy

Guides for Buying Bed Linens

MISCELLANEOUS

Understanding Color and Its Use.....

Behavior Problems of Children

Red Cross First Aid Course (includes first aid during
a bombing).....

Recreation: for adults

for children

for leisure

OTHER SUGGESTIONS

Name _____

Name of Club _____

[illegible]

SUGGESTIONS FOR THE CLUB'S PROGRAM PLANNING DISCUSSION

- 1- Allow a few minutes for general discussion (5 minutes). No more due to lack of time. This is a "warmer-up".
- 2- Pass out check sheets. (If you need more let me know how many) If this was done at a previous meeting and the ladies took them home -- then you had better remind them before club day to bring them to the meeting or have the club's secretary include this with her notice of the meeting.
- 3- Read aloud my letter - dated June 5th. Discuss the different parts as you go along. For example: the three suggestions given in that letter, and the "Ask yourself -- What do I" paragraph.
- 4- Give the ladies an opportunity to ask questions on how to use check sheet.
- 5- Instruct them: ---
 - 1- to write in any specific part of any lesson they may want -- as, --- "Buying Ready-to-wear Clothes". They should write in garment or garments of special interest -- as -- dress, slips, coats, foundation garments, etc. (This is necessary only on the program suggestions checked.)
 - 2- Add any lesson suggestion, not included, that they especially want.
- 6- Allow a reasonable time for ladies to check their sheets.
- 7- If time permits -- have the ladies discuss the added suggestions. Others may want to add it to their list. ----- since -- 'one suggestion from one lady bears no weight' but if that suggestion is also a desire of several in your club, then you will give it attention at the county meeting.
- 8- Remind ladies to add their name and name of the club to their sheet.
- 9- Take up all sheets. (Their checking of sheet is of no value unless your committee has its information to use.
- 10- Bring all check sheets from your club with you to the County Program Planning Committee meeting on Thursday morning, September 27th.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
Duncan

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Greenlee County Cooperating

Agricultural Extension Service
Home Demonstration Work
County Agent Work

August 15, 1956

To -----Members of the County Program Planning Committee
From ---Your Home Agent
About --Plans for Program Planning

The County Program Planning Committee will hold their next meeting during the morning of September 27, beginning at 9:30 A. M. (This is prior to the Council meeting during the noon and afternoon. Place, somewhere in Morenci.)

Before then you and the other three members of the committee will want to discuss program interest and needs with your club members. The check sheet will need to be checked by each member.

It was suggested by members of your County Council Officers, during a recent meeting, that I write you and give suggestions on how to proceed with the check sheet and discussion. Therefore, I am enclosing some suggestions. It would help speed up this part of your meeting if you four committee members got together before then for a short meeting. Discuss what you are going to do, and which one of you is going to do each part.

Other committee members from your club are:

You four should be the ones to continue as representatives if at all possible. However, if a member has moved away or for some reason cannot attend the September 27th meeting, do let your club president know as soon as possible, so she can appoint some one who can attend the county meeting. Your club has FOUR VOTES on the 1957 Program Selections. These votes are made through you four ladies.

I hope the enclosed suggestions will be helpful with your club's September discussion. If I can be of further help, please write me.

Sincerely,

Mildred O. Eaton

Home Agent
Greenlee-Graham Counties

SUGGESTIONS FOR THE CLUB'S PROGRAM PIANNING DISCUSSION

- 1- Allow a few minutes for general discussion (5 minutes). No more due to lack of time. This is a "warmer-up".
- 2- Pass out check sheets. (If you need more let me know how many) If this was done at a previous meeting and the ladies took them home -- then you had better remind them before club day to bring them to the meeting or have the club's secretary include this with her notice of the meeting.
- 3- Read aloud my letter - dated June 5th. Discuss the different parts as you go along. For example: the three suggestions given in that letter, and the "Ask yourself -- What do I " paragraph.
- 4- Give the ladies an opportunity to ask questions on how to use check sheet.
- 5- Instruct them: ---
 - 1- to write in any specific part of any lesson they may want -- as, --- "Buying Ready-to-wear Clothes". They should write in garment or garments of special interest -- as -- dress, slips, coats, foundation garments, etc. (This is necessary only on the program suggestions checked.)
 - 2- Add any lesson suggestion, not included, that they especially want.
- 6- Allow a reasonable time for ladies to check their sheets.
- 7- If time permits -- have the ladies discuss the added suggestions. Others may want to add it to their list. ----- since -- 'one suggestion from one lady bears no weight' but if that suggestion is also a desire of several in your club, then you will give it attention at the county meeting.
- 8- Remind ladies to add their name and name of the club to their sheet.
- 9- Take up all sheets. (Their checking of sheet is of no value unless your committee has its information to use.
- 10- Bring all check sheets from your club with you to the County Program Planning Committee meeting on Thursday morning, September 27th.

Training Meetings

A training meeting for Greenlee County Officers and Subject Matter Leaders from each club was held in Morenci on January 25 by the state leader of home demonstration work, assisted by the home agent. Two members were in charge of registration.

The meeting was opened by the Greenlee County President after which the vice president led the group in singing, and the home agent stated the purpose of the meeting. The state leader then discussed extension organization giving information that was of value to the ladies. The ladies were divided into "chatter" groups to discuss various problems -- what could be done to gain members, to have a better attendance at meetings, and to improve their club meetings. Under the leadership of the home agent, each group reported its suggestions and added other things that could be done.

The afternoon session was opened with group singing followed by officer group discussions.

The following is a picture of the presidents and vice presidents discussing responsibilities of their office and problems involved:



Secretaries, treasurers, and reporters discussed writing minutes of meeting, keeping financial records, and writing news stories under the leadership of the home agent:



During the last hour, assistance was given the Subject Matter Leaders in understanding their responsibilities and ways to proceed in receiving a lesson, preparing it, and giving it for their club members by the State Leader. She gave two short demonstrations as illustration.

25 leaders and officers from 4 clubs attended the meeting.

Conferences

The home agent attended the annual State Extension Conference in December, the State 4-H Conference in March, and Country Life Conference in June.

Other Work By The Home Demonstration Agent

Greenlee County is one of a two-county unit in home demonstration work; therefore, the home agent divides her time and assistance between the two counties. Headquarters and records are kept in the Graham County office where the agent spends the major part of her office time. Separate annual reports and plans for work are written by the agent for each county.

The home agent gave assistance to club officers and leaders in organizing their meetings and lessons throughout the year when they requested this assistance.

Registration sheets were sent out to homemakers so they could register for special lessons and activities.

Information sheets were sent out to homemakers for use that they made of the program lessons and activities.

The home agent prepared and sent out three newsletters. Information on meetings, activities, and home making was given.

One annual report was written by the county agricultural agent and home agent over all 4-H Club Work in the county.

The home agent planned and made arrangements for leader and special training meetings, council meetings, and committee meetings which were held in the county.

The home agent prepared, arranged, and set up the pattern for the Homemakers Program booklet. She designed the cover for the booklet.

The home agent directed the ordering of bulletins, reference materials, 4-H supplies, and keeping of the bulletin racks up to date by the office secretary.

The home agent prepared material for weekly newspaper columns, publicity articles, and radio programs. Information of value to homemakers was included.

The home agent prepared the material for Plan for Home Demonstration Work in Greenlee County giving problems, objectives, planned method for achievement, and who and when the work was to be done.

The home agent visited the homes of two ladies in Duncan and discussed with them plans for getting a homemakers club started in that area. Each lady will make contacts and a list of ladies who would be interested. Ladies in Franklin will also be contacted.

The home agent conferred with the county agent about all phases of extension work as the need appeared.

The home agent conferred with the 4-H leaders about their club work and gave assistance as needed.

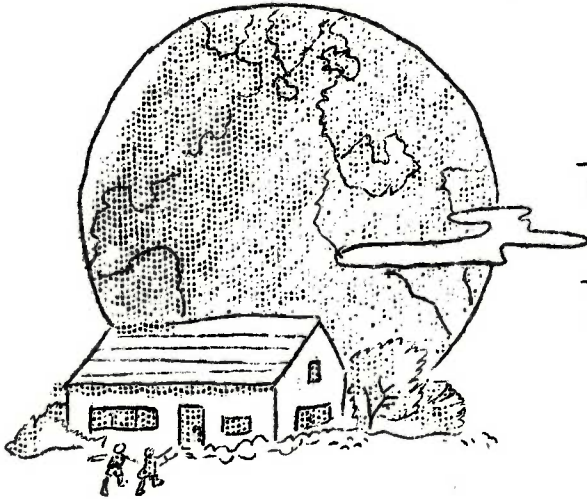
The home agent prepared and sent out three newsletters to homemakers giving information about meetings and activities. The following is a copy of one of the letters:

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
Duncan

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Greenlee County Cooperating

Agricultural Extension Service
Home Demonstration Work
County Agent Work

April 3, 1956



Today's Home Builds
Tomorrow's World

NATIONAL HOME DEMONSTRATION WEEK is April 30 through May 5th. What is your club going to do to observe this week? How can you help?

While planning for your exhibit, window display, radio program, and newspaper articles, what are the things we want to tell others? What are the important things about our extension club?

Let us separate our educational from our social activities. The educational is our extension work -- the purpose for which we are organized into clubs, the purpose for which money is appropriated by the Federal, the State, and the County. The social activities and crafts work are the frosting.

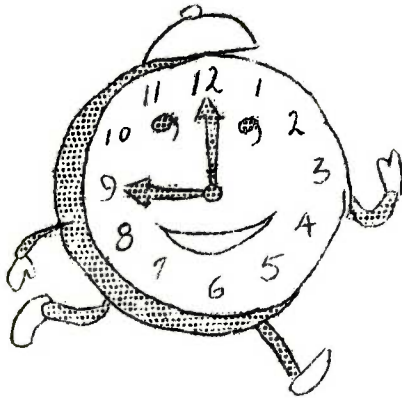
We all enjoy "frosting", but we cannot maintain Extension Homemakers Clubs on frosting anymore than we can maintain life. LET'S TELL THE PUBLIC ABOUT OUR EDUCATIONAL ACTIVITIES.

When we set up an exhibit, we are telling a story. What kind of an impression do we want to give others about our Extension Homemakers Clubs and their activities?

COUNTRY LIFE CONFERENCE will be held on the campus of the University of Arizona in Tucson June 19 to 22, 1956.

Lodging will be provided in dormitories on the campus and meals will be available in State Union Memorial Building.

The program will include lectures, group discussions, workshops, and educational tours through various University departments, all of which should be of interest.



P L A N N O W

To Attend Your

HOMEMAKERS COUNCIL MEETING

GREENLEE COUNTY COUNCIL will meet May 3, 10:00 A. M. to 3:00 P. M., at the York Club House. Registration at 9:45 A. M. Pot-luck dinner at noon. Program after noon includes a stunt or skit by each club.

GRAHAM COUNTY COUNCIL will meet May 4, down Aravaipa Canyon. Recreation 11:00 A. M. to 12:00. Picnic lunch at noon. Business and program after lunch.

Each homemaker club will report on activities and accomplishments during the year at their County Council Meeting. Let's include the important things done by the club. A few of the "frosting" things can be mentioned, but emphasis should be given to the educational features and accomplishments.

The Graham County Council officers and window display committee from each homemaker club will meet at 1:30 P. M., April 9, to complete plans for observance of National Home Demonstration Week.

MAY Homemakers LESSON is on Care and Treatment of Fabrics. The leader training meeting will be hld by Miss Helen Church, 10:00 A. M. to 3:00 P. M. on Thursday, April 26 for Greenlee County and Friday, April 27 for Graham County.

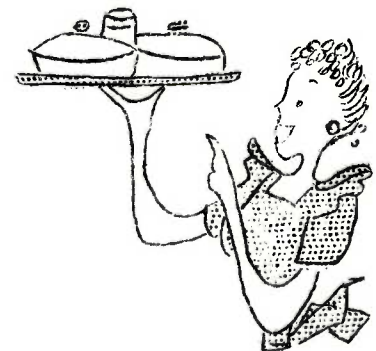
OVER-WEIGHT? WANT TO LOSE? A group of us in Graham County are organizing a weight losing club. We plan to meet every two weeks to weigh, plan and discuss low calorie foods and meals. If you want to join call or write me in Safford.

LOW CALORIE DIETS
CAN BE BALANCED !

The "Mock Chicken Pie" at the top of page four of the "Favorite Recipes" from Graham and Greenlee Foods Leaders is the favorite recipe of Francelle Ledford, Safford Homemakers Club.

January 23rd, a group of young homemakers in Safford met together and organized an extension club. The following officers were elected:

PresidentMrs. Claude Ledford (Francelle)
Vice President..... Mrs. A. A. Visconti (Ellen)
Secretary-Treasurer Mrs. Bill Steiner (Toni)
Reporter..... Mrs. Bailey Wood (Betty)



4-H ACTIVITIES

This year we have six home economics 4-H Clubs in Greenlee County, as follows:

DUNCAN WILDKITTENS

Room Improvement projects led by Mrs. Stanley Coon
Clothing by Mrs. Albert Williams and Mrs. Bruce Miller
Foods by Miss Martha Clayton and Mrs. Clyde Brown
Junior Leader - Miss Roberta Stratton

YORK COW GIRLS

Clothing by Mrs. Mattie Foote
Foods by Mrs. James Sanders
Junior Leader - Betty Barney

MORENCI 4-H STARS

Clothing II, III, and IV by Mrs. Flora Munkres

MORENCI CLOVERETTES

Clothing I by Mrs. Thomas Patterson

STARGO COPPERETTES

Foods I by Mrs. Vivi Cox

Graham County has also doubled its 4-H enrollment and number of home economics 4-H Clubs. They are:

SAFFORD

Happy 4-H'ers (Food I) led by Mrs. John Satorins and Mrs. Terrel Blake
Lucky Klover Klub (Clothing I) by Mrs. John Sears

THATCHER

Jolly Janes (Clothing I) by Mrs. Melva Mulleanux
Junior Leader - Maryleen Nelson
Merry Maids (Clothing II) by Mrs. Derl Phillips
Fashion Girls (Clothing 2, 3, 4, 5) by Mrs. Cressa Nelson
Junior Leader - Karla Turner
Busy Maids (Foods I) by Mrs. Ella Smith
Busy Teens (Foods I) by Mrs. Donna Curtis
Willing Workers (Foods I) by Mrs. Virginia Thompson

PIMA

Pima Pals (Clothing I) by Mrs. Lloyd Kempton
(Clothing I) by Mrs. Lynn Carter

EDEN COMMUNITY CLUB has two girls in Clothing I and V - Lorraine Kempton, Jr. Leader

BYLAS LUCKY KLOVER (Clothing I and II) led by Mrs. Mary Belle King

BEATITUDES OF A LEADER

BLESSED is the leader who has not sought the high places, but who has been drafted into service because of his ability and willingness to serve.

BLESSED is the leader who knows where he is going, why he is going, and how to get there.

BLESSED is the leader who knows no discouragement, who presents no alibi.

BLESSED is the leader who knows how to lead without being dictatorial; true leaders are humble.

BLESSED is the leader who leads for the good of the most concerned, and not for the personal gratification of his own ideas.

BLESSED is the leader who develops leaders while leading.

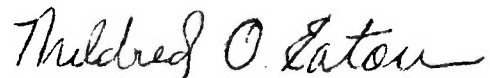
BLESSED is the leader who marches with the group, interprets correctly the signs on the pathway that lead to success.

BLESSED is the leader who has his head in the clouds but his feet on the ground.

BLESSED is the leader who considers leadership an opportunity for service.

- - Author Unknown

Sincerely yours,



MILDRED O. EATON
Home Demonstration Agent
Greenlee-Graham Counties

MOE:fs
cc: 170
4/3/56

Assistance to L.D.S. Relief Society Groups

The home agent collected the names and addresses of the work leaders and presidents of the Relief Societies in Greenlee County.

The home agent obtained a list of the L.D.S. Relief Society monthly programs for this year. She then checked over bulletins and other reference materials available that would be of help to the Ward Leaders in preparing and giving their lessons. The home agent ordered additional material for use by these ladies.

The home agent conferred with the Stake Work Directors as to the materials they needed and ways she could be of assistance to her and to her ward leaders.

Others Who Assisted With The Program

Miss Jean M. Stewart, State Leader of Home Demonstration Work, assisted by:

- 1- Conferring and planning with the home agent about program, organization, and training meetings.
- 2- Conducting the Officers and Leaders Training Meeting.
- 3- Assisting with the County Program Planning Meeting.

Results

Membership in homemakers clubs, interest in extension information, and the home agent's services have increased during the year. This is shown by the increase in phone calls for information and requests for bulletins and the agent's services.

The officers and leaders in the clubs and council have assumed more responsibility in making decisions, planning for and conducting meetings and activities. These homemakers not only are willing but glad to assume these responsibilities and to plan the work so the agent has more time to help with the things they cannot do for themselves.

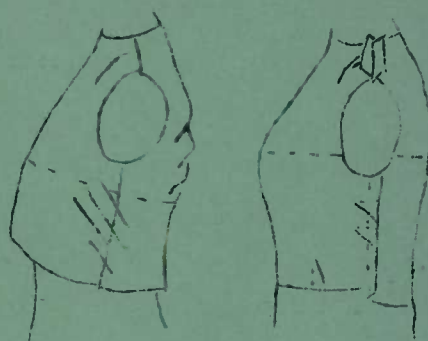
CLOTHING and TEXTILES

The lesson on "Altering and Fitting of Clothes" was given to each of the four homemaker clubs. Information was given on fit, taking measurements, sizes and types of patterns, checking of patterns alterations and adjustments to make for a good fit on patterns and on the garment. The agent demonstrated how to make several different alterations and adjustments for special problems on the pattern, for special problems on ready made clothes. She used one of the homemakers as a model.



Pattern Alteration

Fitting



the

Key to Professional Looking Clothes

Prepared by:

Mildred O. Eaton
Home Demonstration Agent
Graham-Greenlee Counties
April 1956

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
Duncan

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Greenlee County Cooperating

Agricultural Extension Service
Home Demonstration Work
County Agent Work

FITTING AND ALTERING OF CLOTHES

Anyone who goes to the trouble of making a garment wants it to look like the best ready-made garment. To do this takes time and skill and an understanding of what gives a garment a professional or smart look and what detracts from that look.

Well-made professional clothes must not only be up-to-date in style, good in quality, and good in design, but they must also be accurate in construction and well fitted.

Achieving a well-fitted garment depends to a great degree on: -- knowing your figure, selecting the right pattern, altering it to fit your figure, cutting it grain perfect, marking and following marking on the pattern, and accurate in construction.

Determine at the beginning what your figure type is. Is it girls, teen, junior, misses, or half-size?

Girl's Figure is usually flat and undeveloped -- shorter from shoulder to waist line than the Teen figure. Bodice is fuller at waistline than Teens.

Teen Figure is still immature, although it is beginning to develop. Fitting in bodice is achieved through bustline darts. Front and back of bodice are lengthened, due to growth in height.

Junior Figure is more mature than the Teen age. The high youthful bustline requires deeper darts for fitting bustline and greater length from shoulder to waistline.

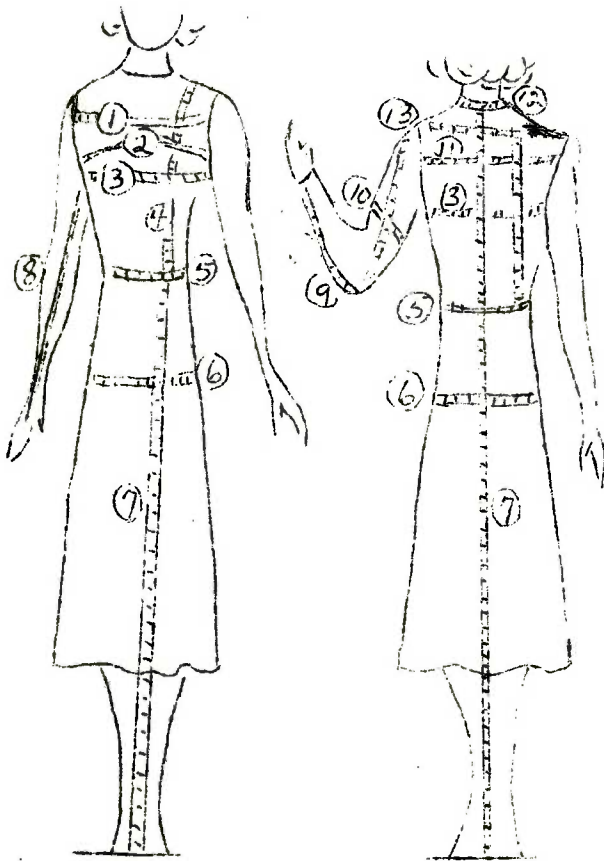
Misses Figure is more developed in bust, waistline, hip and height. Greatest difference occurs in the bustline necessitating greater length from shoulder to waistline.

Half-Size Figure is shorter, narrower in the shoulder and larger in the waist than Misses.

Buy the right size pattern -- the one most nearly like your figure, the one that will take the least amount of adjustment to fit well. For some it may be best to buy two patterns, one size for the blouse and another for the skirt. It is comforting to know that there are few who do not need some adjustment, since few figures are exactly standard forms on which patterns are built.

To get your right size pattern take your measurements and compare them with the measurements in the table on measurements and sizes in your pattern book.

MEASUREMENTS NEEDED TO CHECK THE PATTERN



- 1 - Chest Width -- At a point 6 inches down from the shoulder seam at the neck line, measure from armhole seam to armhole seam.
- 2 - High Bust - Measure high under arm pits across the chest.
- 3 - Bust - Measure fullest part of bust keeping the tape parallel to the floor. Measure both front and back between side seams.
- 4 - Blouse Length, over bust - Measure from middle of the shoulder seam, over the bust, straight down to the waistline. Keep tape parallel to center front.
- 5 - Waistline - Measure snugly where you want the belt to be. Take both front and back measurements between side seams.
- 6 - Hips - Measure at widest part of hips, keeping tape parallel to the floor. Check as to whether your hips are larger over hip or thigh level. Record distance of this measurement from the waistline.
- 7 - Skirt Length - Measure from the waistline to bottom of the skirt or desired distance from the floor.
- 8 - Inside Arm - Measure from armhole to wrist with the arm straight.
- 9 - Outside Arm - Measure from highest part of armhole, down over the elbow with arm bent, to the wristbone. Also measure from elbow to wrist bone.
- 10 - Upper Arm (or sleeve width) - Measure around fullest part of upper arm. This is usually at bottom of armhole. Also record distance of this measurement from the top of the armhole seam.
- 11 - Shoulders - Measure from armhole seam to armhole seam across the fullest part of the shoulders. Record distance of this measurement from vertebra bone in center neck.
- 12 - Back Neck Seam - Measure along the back neck line, from shoulder seam to shoulder seam. Stand tape on edge to measure a good curve.
- 13 - Upper Back Width - Measure straight across the back from top of one armhole seam to the other.

Bust measurement alone is unreliable. The pattern is apt to be too large when it is selected by measurement alone. The standard measurements were set when foundation garments were worn to make the figure look flat and boyish. The fashion figure has changed, but standard body measurements have not. Take both the bust and high chest measurements. If there is less than 4 inches difference between these two measurements, use the high chest as the size for your pattern. If there is 4 inches or more difference, then select a pattern size that is between these measurements.

It is important to work with a pattern that fits the shoulders and upper body. Major alterations are more difficult there than at the waist line and hips. If your shoulders and chest are narrow in proportion than your bust, buy a pattern one size or two smaller than the bust, if you cannot find a pattern for narrow shoulders. It is easier to enlarge the bust and hips than to narrow the chest and shoulders enough to fit properly. A style with tucks or soft fullness below the shoulders is easy to alter in the shoulders and chest. Plain tailored fronts with a single shoulder dart are harder to alter, and if fitted well, call attention to these figure irregularities.

Before you use a pattern, it is best to try it out in muslin or some old cloth and make any necessary alterations. A great deal of time would be saved, particularly if you make many of your own clothes. This muslin pattern and the same alterations can be used each time you make a garment.

Before buying a pattern, be sure to check and determine where changes needed for a good fit can be made without distorting the style. Don't try to improve on good design. Rather select a pattern style with as much care as you do your fabric and then let the pattern really provide the smartness for your garment.

PATTERN ALTERATIONS OR ADJUSTMENT

When you are ready to check your pattern measurements, press each piece of the pattern.

Study the pattern guide sheet with the pattern pieces. Then with a yardstick pencil straight seam lines, darts, and other guide lines, such as center front and back, edge of lap on a closing, and pleat lines. Draw curved lines such as armholes and neckline carefully, parallel to the edge of the pattern. Rule grain lines the full length of the pattern. Write on pattern the meaning of symbols that might later be overlooked -- such as, 'cut on fold'.

Pin darts, tucks, and pleats on each piece of the pattern, and measure over them. Measure between seam perforations. Most measurements are taken parallel or at right angles to the straight-of-grain marks on the pattern. A few are taken on the curve. Of chief importance is the placement of the tape measure on your pattern at the identical point used in taking figure measurements.

Keep in mind that for the most part you are measuring just half of the pattern. For example, twice the front blouse measurement should correspond to your bust measurement across the front, plus allowance for ease.

All patterns carry allowance for ease, comfort, and style. The amount of fullness needed for ease depends on the kind of material and style of the dress. A loosely woven material will give more and need less ease than a firmly woven or resin-finished fabric. Soft, dressy styles need more ease than straight slim types. Patterns allow a certain amount for ease in some of the measurements, but it may not be as much as you need for comfort. Check your measurements with a garment which fits you well. When you have determined the amount of ease needed, add it to your own measurements and adjust the pattern if necessary.

Fitting a paper pattern directly on the figure and making adjustments is sometimes easier if you have some one who understands fitting to help you.

It is futile to attempt fitting a paper pattern unless it is accurately held in place along the center front and back at the base of the neck, bust, waistline, and low hip line. Strips of muslin can be pinned around the body at these levels.

Fit the paper pattern over a slip and the type of foundation garment you will wear under the dress. Slip into the pattern carefully in order not to tear it or loosen pins. Leave unpinned the top 2 inches of the underarm seam to avoid damaging it. Do not bring the arm down close to the side during the fitting. Anchor the pattern by pinning it to the neckline band at center front, shoulder seam, and center back, and to the other bands at center front and back.

Note: If the pattern does not reach the center front or back, do not assume that letting it out along the underarm seam will make the proper adjustment. The armhole line would be pulled out of position by this change, and there may be other distortions. The alteration may have to come between the center line and the underarm. Consider all factors before letting out the under arm seam.

First observe the placement of the basic lines of the pattern in relation to the figure and the over-all effect of the dress, including ease, spacing, and the hang of front, back, and sides. There should be enough ease in the pattern so that it sets slightly away from the body except at the neckline, shoulder seam line, and waistline, where it should fit snugly.

When you have decided where the pattern needs to be adjusted, draw a straight line as a guide for cutting the pattern. For most alterations, make the line parallel or at right angles to the straight-of-the-grain line. Cut along this line far enough into the pattern so it will spread out flat or so one piece can be lapped over the other without forming a pouch at the end of the slash. If you are enlarging or making an entire piece of the pattern, you will need to cut the pattern all the way across.

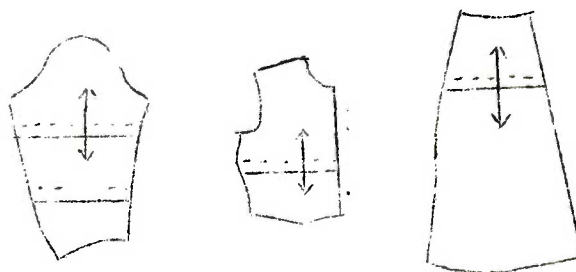
Be careful to make adjustments in the pattern only where needed. For instance, if your pattern is too small in the bust but fits in the chest and shoulders, take care to widen only the bust. Try not to change the shape of the armholes, neckline, or shoulders any more than is necessary.

If the alteration is a difficult one, you may wish to try it out on a duplicate of your pattern made from newspaper or wrapping paper. Mark perforations and notches on the duplicate and make the necessary corrections. It is a good idea to try out the altered pattern in muslin to be sure of the fit.

The following are suggestions for making some of the more frequent pattern adjustments:

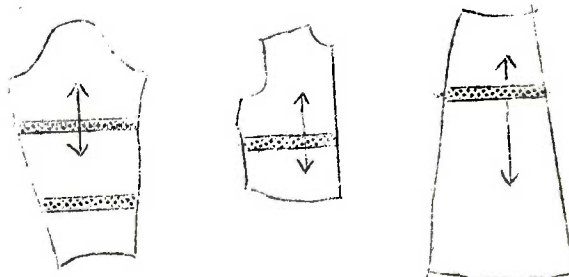
To Shorten the Pattern --

Crease horizontally across the bodice sleeve, or skirt on alteration line. Fold and pin a tuck in each piece to shorten the required amount. Check to be sure the tuck is the same width throughout. Straighten outer edges of the pattern.



The same principal would be followed for making the bodice, sleeve, and skirt narrower throughout.

To Lengthen the Pattern -- Cut the pieces along the alteration lines. Place a lightweight piece of paper under the separated pieces. Pin pieces to this, spreading them to give the needed length. Check to be sure the space is the same width throughout.



The same principal would be followed for making the bodice, sleeve, and skirt wider.

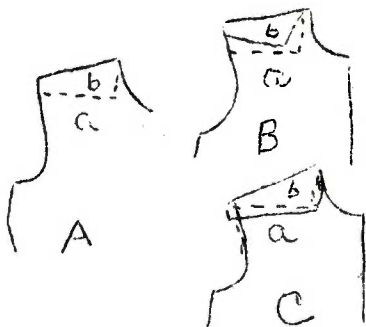
Shoulders of Pattern too High

---If your shoulders slope or your patterns call for shoulder pads and you don't wish to use them, the shoulders of the pattern will be too square, and there will be extra material at the top of your shoulder.

When you alter the pattern, cut as in A, and lap section b over section a (as in C)

If your shoulders are more square or the pattern doesn't call for pads, and you want to use them, separate b from a, as in diagram B.

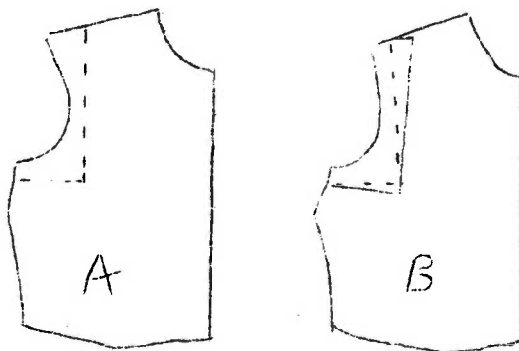
Check cap of sleeve. It may be too wide (if C alteration is used) or too narrow (if B alteration is used).



Shoulder and Chest of Pattern Too Wide --

Draw a line from a point on the shoulder seam to about $1\frac{1}{2}$ inches below the level of the bottom of the armhole (as in A). Line should be parallel to center front. Cut along line, almost to underarm seam. Lap section b over section a until shoulders are as near your measurements as you can make them. Be careful not to change the bust measurement. Draw a new shoulder line.

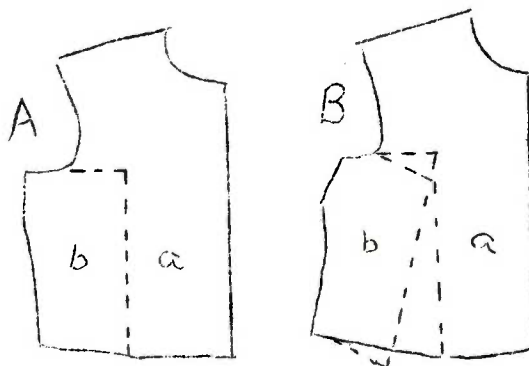
If the back shoulder seam of the pattern is now more than $\frac{1}{2}$ inch longer than the front shoulder seam, you may need to narrow it just as you did the front. But if you are round shouldered, you can probably work the extra fullness into the back shoulder darts, or ease it onto the front shoulder when you make your dress.



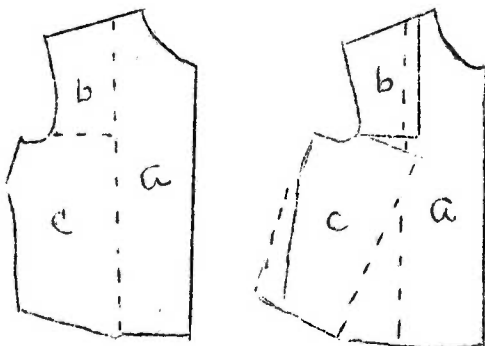
Bust of Pattern Too Small --

To enlarge the pattern at the bust, draw a line from the waistline, parallel to center front, to about an inch above the level of the bottom of the armhole. From this point draw a line at right angles to the first line, over to the armhole edge. (as in A). Cut along these lines almost to the armhole edge. Spread b section away from a until the bust measures the width you want. Draw in a new waistline, butting off the job. Take up extra waistline fullness in gathers, tucks, or darts.

If additional length is needed because of size of bust, follow procedure for lengthening blouse, the take-up excess length at side seam in the dart or make a second dart.



Bust of Pattern too Small; Chest and Shoulders too Wide:



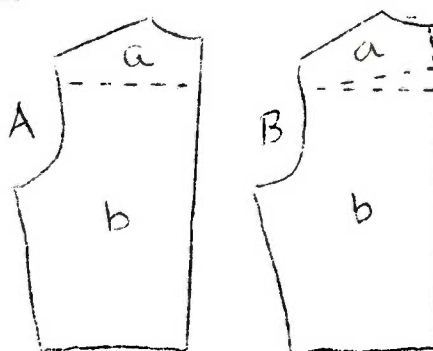
Draw a line on the pattern from shoulder seam to waistline.

Draw another cutting line at right angles from the first line to the armhole edge, about $\frac{1}{2}$ inch above the bottom of the armhole. (A) Cut from waistline to shoulder and along the crosswise line almost to the armhole edge. Lap b over a until the chest and shoulder measurements are narrow enough. Then spread c away from a to widen the bust.

Pattern too Small Across Back of Neck and Upper Back --

If you have a pad of fat at the back of your neck, or you are round shouldered, your pattern will need to be lengthened and widened there.

Draw a line from center back to armhole, about 1 inch below the top of the armhole. Cut along this line, almost to the armhole edge. Raise a at center back until pattern is long enough. Extend center back line to neck line.



HOW TO KNOW A GOOD FIT

Before doing any actual fitting, study the general effect of all sides of the dress on the figure. Decide what is good and what needs changing. Check on important fitting points and areas. Fit the blouse first. Before fitting the skirt, adjust the waistline fullness to the proper location. Pin the skirt to the waistline, catching center front, center back, and side seams with corresponding points of the waist.

A dress that fits well adapts itself to the wearer's body. It brings out good points and skillfully hides poor ones. You will know a good fit by ----

Direction of grain of the fabric -- The crosswise threads are parallel to the floor, unless the dress has unusual style details. Lengthwise threads on the sleeve cap lie in the direction of the arm when it hangs straight at the side. Crosswise threads are parallel to the floor unless the sleeves have unusual style detail.

Direction of seam lines -- Seam lines that lie and hang straight keep the dress in proper line on the figure. They set becomingly and smoothly to the shoulders. Underarm blouse and skirt seams hang straight down -- no swinging to the back or front. The waistline seam appears to be straight around the figure, but it dips slightly in front, following the natural waist curve. The armhole seams make a good curve underneath the arm and over the top of the shoulder. They are straight in front and back of the arm except when special style features require otherwise.

Smooth lines -- You can expect some folds to form in a dress as the wearer moves. But when she sits or stands still, there should be no unbecoming folds.

Wearing Comfort -- The properly fitted dress is comfortable when the wearer stands, sits, or moves around. It is snug where fashion demands, but never feels tight or strained.

There are likely to be fitting difficulties and the dress may never fit if -----

- 1- The style is not suited to the wearer's figure
- 2- The pattern is not the right size, or not altered to fit
- 3- The dress is carelessly cut and made.

SUGGESTIONS FOR ACHIEVING A GOOD FIT

Cut with care -- Be sure the pattern is laid on the cloth so that the pattern perforations for straight of the grain are parallel with the lengthwise threads. Never sacrifice the straightness of the fabric to save material -- better piece the fabric, if necessary.

Sew Carefully -- For a good fit, do accurate pinning, marking, basting, and stitching. Also, take care that:

- | | |
|---------------------|--|
| -Seams are straight | - Darts when stitched have no ugly pouches at the ends |
| -Tucks are straight | - Fullness is distributed evenly without puckers or |
| -Facings and hems | pleat. |
| fit smoothly | |

Press as you sew -- Seam lines and darts all lie flatter when pressed. Seams should always be pressed before they are crossed by another seam. One final pressing will not give the same results.

Know the figure you are fitting -- Individual differences in weight distribution and bones often cause fitting problems and must be given special attention. Often the two sides of the body aren't alike.

Fit over correct undergarments -- Fitting should be done over the same clothes that will be worn with the dress.

Watch posture -- Do not try to fit a person who is wiggling, twisting, slumped -- or standing poker stiff, either. Keep the body in a position as natural as possible.

Use all possible helps -- It may help to compare measurements with those of a dress that fits well. A dress form does not solve all fitting difficulties, but is useful in checking some points.

Darts can be used to take up fullness and to shape and direct fullness where needed. Tucks and gathers do the same thing with softer effect. When darts are used, try different places until a smooth, becoming line is gotten. Rarely take up as much as $1\frac{1}{2}$ inches of fullness in one dart. Two or more small darts are usually better than one large one. The smaller the amount of material to be taken up, the shorter the dart can be.

Guard the neck and armhole lines -- Do not trim the neck line or armhole without first marking a line and being sure it is right. Then leave a generous seam allowance beyond the marked seam line.

Use a dress hanger -- Keep dress on a hanger when you are not working on it. This prevents wrinkles. It also gives bias sections a chance to sag into their natural shapes.

FITTING LINES -- WHERE SHOULD THEY FALL?

Shoulder Seam -- location and length varies with the type of garment, with the individual figure, and with the shoulder effect desired. Generally, the seam lies along the top of the shoulder and should not be noticeable from the front or the back when the dress is worn. On a round-shouldered woman, it may be well to place this seam slightly back of the normal line and cut the neckline high in the back.

When fitting shoulder, first see that the crosswise grain of the goods is kept straight at and above the bust. Also keep the lengthwise threads of the blouse parallel to the center front and back.

Neckline - The normal line should be made on a nicely curving line, lying close to the neck at the sides and back and comfortably snug but not tight. A cord around the neck helps to show the normal curve. This curve has as landmarks the prominent neck bone at the back and the point just above the collarbone at center front.

The comfort of the blouse of a dress depends much on the fit over the bust and across the back. Avoid extremes of fit -- too tight is neither comfortable nor attractive; too loose looks untidy. If the wearer has a large bust but small abdomen and hips, fit the dress a little loosely below the bust so the blouse does not outline the bust too closely. Be sure there is enough fullness under the bust in front and enough room for the shoulder blades in the back. The center front and back should be smooth and free from gathers unless the style calls for a different effect. Taking in or releasing darts at the waistline may improve the fit.

Well-shaped armhole -- The seam of a good armhole should form a smooth curve up onto and over the top of the shoulder bone and make a straight line, back and front, down to the muscles joining the arm to the body. From there it curves again under the arm, fitting as closely as is comfortable. If the armhole is not shaped correctly, the sleeve may pull or bind at the seams, and the neck line may be drawn away from the sides of the neck. In addition, the front and back of the blouse may draw or wrinkle at the front or back.

Waist-line -- Where it should be placed - at above or below the normal waistline -- depends on the style of the dress and the position most becoming to the figure. To find the normal waistline, place the hands with the curves between forefingers and thumbs in line with the lowest rib or the slight body indentation, with the forefinger to the front and thumb to the back. A snugly fitting waistline helps keep the skirt as well as the blouse in proper position. When fitting, keep the seam lines and darts entering the waistline at right angles to the floor.

Hip-line -- When a skirt fits correctly, the center front and center back hang straight down without swinging out in front or back. The side seams also hang straight down, giving the appearance of continuing the underarm seams of the blouse. The cross-wise grain of the fabric is parallel to the floor. The space between the waist and the hips is fitted smoothly but not tightly. The only exception to these rules is skirts with special style features.

Check to see that the crosswise grain of the fabric is in a straight line around the hip line. If it is not, raise or lower the waistline at the points where the grain is out of line or rip the skirt seams and raise or lower the sides as necessary. A well-fitting skirt does not draw or pull when the wearer is sitting or standing.

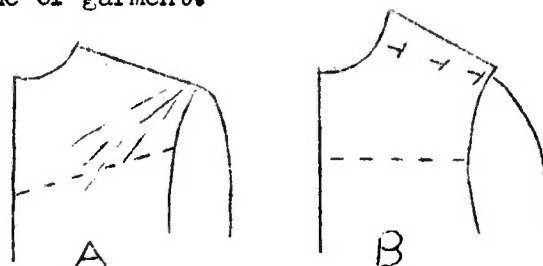
FITTING PROBLEMS --- WHAT SHALL WE DO?

Shoulder line too long -- If the shoulder line is much too long, rip the shoulder seams. Put the extra length into small tucks or darts. If the body shoulders are narrow in relation to the chest and bust, correct by adding shoulder pads. This will give the figure better appearing proportions and make the bust appear smaller.

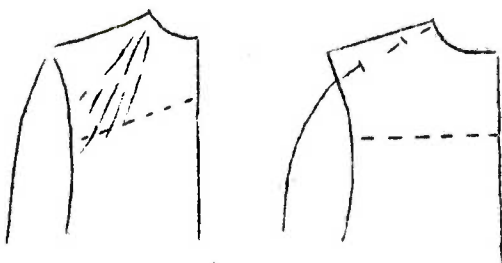
Diagonal wrinkles from shoulder tip to center front or back --

The shoulders are too square for shoulder line of garment.

The best method is to rip the shoulder seam and lift it at the neck until wrinkles are removed. Gradually slope the seam to the shoulder tip, keeping its direction correct, as in B. If it is a high-necked dress and this adjustment makes the neck a trifle too small, clip the neckline -- avoid clipping into its seam line. If neck is very tight, recut it by the pattern.



Diagonal wrinkles from neck toward armholes --



These slanting folds form when the base of the neck is large or shoulders slope more than the pattern allows. (A). First try shoulder pads, if they are in style, to square off the shoulders of the garment. Follow above suggested procedure, only lift the shoulder seam at the armhole or if shoulder seam permits let it out at the base of the neck.

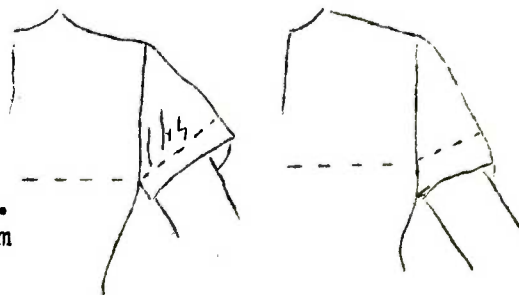
Sleeve puffs up at top -- The sleeve-cap fullness may not be evenly distributed. Or, the sleeve cap may be too wide or too high, especially if the shoulder or underarm seams of the blouse have been taken in. Alter sleeve pattern. Or if it is the sleeve of your dress -- Put on the dress, and get someone to fit sleeves to the dress properly. Direct her to clip the basting threads a few at a time at points of puffiness. Turn under the sleeve at these points to take out extra material in the sleeve cap. Put pins at right angles to the seam line. Always keep crosswise and lengthwise grains of the goods in the sleeve cap straight. Remove the dress. Mark the new stitching line smoothing out irregular places.

Diagonal wrinkles from top of sleeve to underarm --

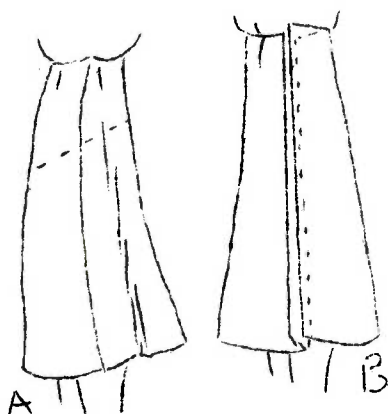
The lower edge of sleeve sticks out. The cross grain of the fabric is pulled up in the top of the sleeve cap. This happens with very square shoulders or large muscles on the top of her arm or if the sleeve cap is too short.

If seam is generous, rip out upper half of armhole seam and drop sleeve until the cross-grain of the fabric is straight at armhole level.

If this cannot be done, rip the armhole seam except an inch or two at the top. Put on the dress. Have someone lift the under part of the sleeve up in the armhole until the crosswise grain lies straight across the upper arm. Pin in place before removing the dress.



Lower edge of skirt pokes out in front -- The side seams swing forward and



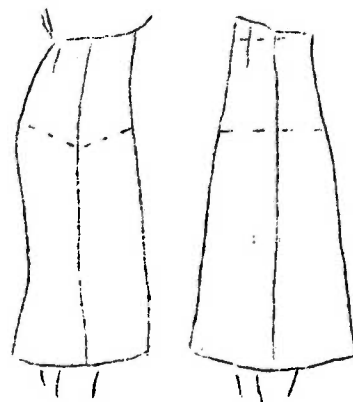
diagonal wrinkles extend from the center front of the waist line toward the hem (as in A). This may be because the blouse is so short in front that it pulls up the grain of the fabric in the skirt. If so, let out the waist line seam at center front and let out the seam so that the skirt drops lower. Another way to correct this difficulty is to rip the side seams and front waistline. Lift the front skirt at side seams until the grain of the fabric is straight across. Pin side seams. Fit the waistline, tapering the seam allowance on the skirt to normal width at center front, as in B.

Skirt cups in the back and side seams swing forward --

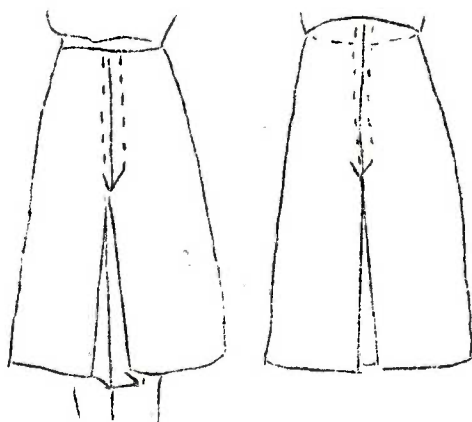
The back of skirt may be too long between the waist and hips -- thus allowing the grain of the fabric to drop at the hip line.

Raise the skirt at the back waistline until the grain of the fabric is straight across at the hips, as in B. If this makes extra fullness at the waist line, take it out in two darts. Trim off the top of the skirt in the back, at the waistline.

If the dress is one-piece, without a waistline seam, rip the underarm seams, raise the back at the shoulders, then recut the back neck and armhole lines.



Pleats at hem line spread and sag -- On a skirt with one or more pleats, the hem



line and the lower pleat edge may not be turned on the straight of the goods. In other cases, the tops of the pleat insets may not be properly tacked in place. Or the waistline may be fitted so loosely that the weight of the pleats pulls the skirt down from the waistline unevenly. Or the dress may be so tight that the pleats spread.

Often rehemming the pleat insets corrects the sagging. When the pleated section extends part way up from the bottom, tack the top of the section to the skirt or reinforce it by stitching on the right side.

On a straight pleated skirt or one with inverted or side pleats, lift the sagging section of the pleats at the waistline or yoke line until the pleats fall straight and do not spread, (B). Or, if the seam allowance

permits, lower the other sections of the skirt from the top. When necessary, tighten the waistline by taking up extra fullness at the seams or in hip darts. This holds the skirt up in the proper position. If the skirt was fitted too tightly, let out the side seams to give additional width.

FITTING THE READY-MADE DRESS

Never buy a ready-made dress without trying it on and carefully studying it before the mirror. Take time to fit it over the type of underclothing with which it will be worn.

SHOULD I BUY? --- DOES IT FIT? --- ASK YOURSELF: ---

Does it have a label about shrinkage?

Is it cut accurately with the grain line?

Is the amount of fullness ample?

Are the seams straight?

Are the darts directed to give fullness where needed?

Is the waistline at normal place?

Does it have ample seam allowance?

Is the garment free from wrinkles caused by strain or pull?

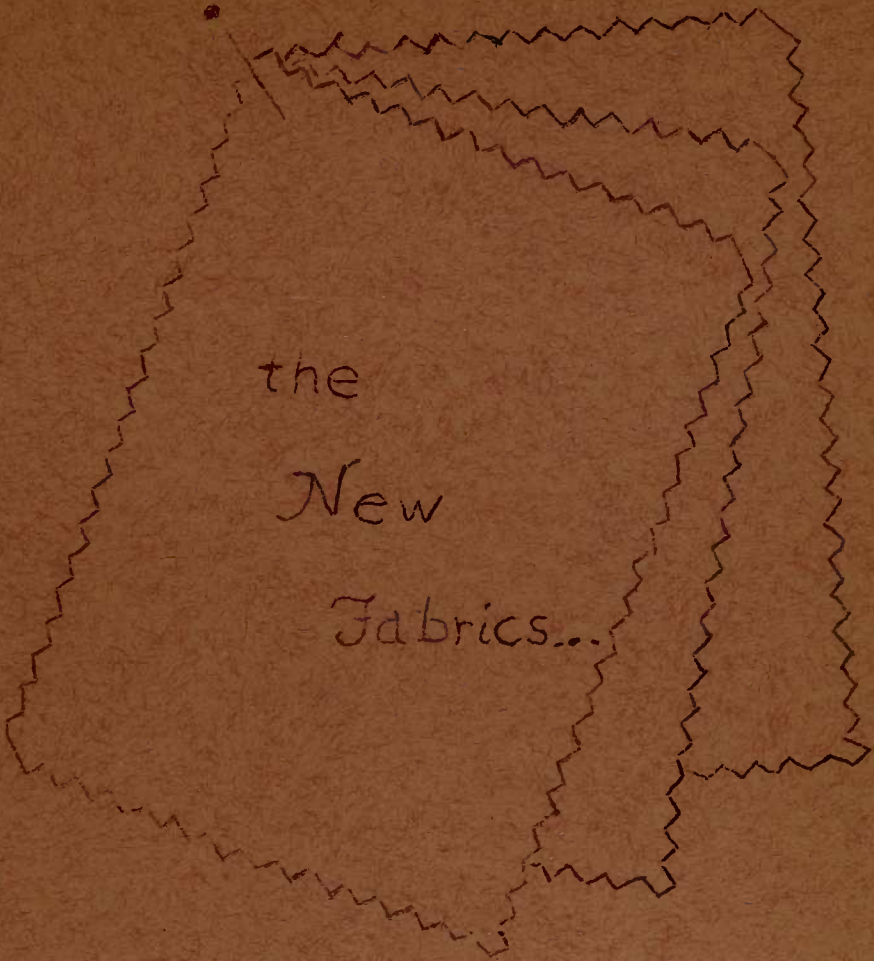
If you answer "yes" to the above questions you can safely buy the garment.

It is often not easy, practical, or possible to alter a ready-made dress. So, unless your choice is very limited, avoid buying one that requires many or complicated changes. If you cannot find a dress that fits throughout, it is usually best to buy one that fits the upper part of the body. The skirt is less difficult to alter (unless it is too tight) than the blouse. But if part of your body is particularly hard to fit, buy clothes that fit there -- whether it is your hips, bust, or shoulders.

If alterations must be made, choose a style that can readily be changed. Fussy designs, complicated details, many insets -- all these make fitting more difficult. Examine the hem, seams, and waistline to see if there is enough cloth to allow for changes.

Remember that if seams are let out, the previous stitching line will show on some kinds of material. Many misfits cannot be remedied. A narrow sleeve cap or back cannot be satisfactorily enlarged by letting out seams unless there are wide allowances. Narrow seams in these places soon tear out.

Unless the needed alterations are simple or few in number, think carefully before purchasing a poorly fitting dress. Often one apparently simple alteration calls for another until the dress is practically remade before the job is done.



the
New
Fabrics...

What Are They ?

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA
Safford

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Graham County Cooperating

Agricultural Extension Service
Home Demonstration Work
County Agent Work

KNOW YOUR FABRICS :KNOW THEIR CARE

Since 1938, with the development of nylon, a man-made fiber, there has come a revolution in the textile industry. The consumer is confused and bewildered by new terms in the field. If we are to understand how to buy and care for fabrics, we must know something about the fiber and how the fabric is made. The following are the essentials to making a good fabric:

1. There is the fiber (the raw product). It may be cotton, silk, rayon, acetate, or one of the many man-made materials.
2. Then there is the yarn. It is composed of fibers that may be short, long, crimped, or any one of a combination of the above fibers. These fibers have been spun - twisted into a yarn.
3. The next step is application of a finish to the yarn. This may be color, mercerization, crease resistance, mildew resistance, etc. These fibers have been spun - twisted into a yarn.
4. The last important factor is the weaving of the yarn into fabric. This has a decided effect upon the performance of fabric.

Each fiber, man-made or natural, has its strong points and its weak points. The time has come when fabrics can be made for specific purposes. A step in this direction has been made by the American Standards Association. They have set up standards for some 50 rayon and acetate fabrics. These standards, called L-22, apply to fabrics for definite end use. Another set of standards is being set up under L-25 that gives performance standards for other fibers.

This is the only way that the consumer can be sure of quality when he buys. These standards have been requested by the National Retailers and Dry Goods Association, but as yet are not prevalent on labels. Look on your label for L-22 standards on rayon and acetates.

Our best assurance of quality at present is the reliability of a brand name. Much experimenting is being done with finishes and blends of fibers. Reliable brands are interested in satisfying the public.

Since man-made fibers have given us new characteristics in fabrics, we need to know some of their specific qualities. All have similar characteristics in varying degrees.

With the exception of rayon and vicara, all are:

1. Thermoplastic. This means that they can be molded by heat. You get permanent pleats because of this characteristic. This requires care in handling, ironing on wrong side to prevent glazing of fabric, thereby making it shiny.

2. They all have low moisture content. This means that they dry quickly as they do not absorb moisture.
3. Resistance to wrinkling
4. Resistance to mildew, moths
5. High degree of electricity
6. Same strength when wet as when dry
7. All have been difficult to dye
8. All are strong fibers and resist abrasion

ACETATE AND RAYON

First man-made fibers and probably most widely used. Less expensive than other fibers. Acetate is soft and can be crisp. It drapes well. Dries faster than rayon, but gas-fades. It holds the crease and doesn't wrinkle as badly as rayon. Weak when wet and it fuses under a hot iron. The sun and bleaches weaken it. Rayon is also weak when wet. It wrinkles badly. Takes color well and retains it. A new labeling act specifies that fabrics of acetate or rayon must be so labeled. An acetate can no longer be called rayon.

- (a) Fiber E. This is a special type of viscose rayon which looks like wool. It is used in rugs, upholstery, coating and napped fabrics, for boot-lining, and jackets. The crimped and curled effects give it a luxurious appearance at a moderate price.
- (b) Fortisan. Exceptionally strong fiber, resistant to stretching and shrinkage, moths, heat, and sun damage. Found mostly in warp threads of drapery and curtain materials.
- (c) Tuften. A viscose rayon made for floor covering. Produces good appearance at moderate price.

NYLON

One of the early man-made fibers and has had the test of consumers in clothing. It is one of the strongest of man-made fibers. It has the above characteristics and has a few weak points. It deteriorates in sunlight and for this reason is not a good fiber for window curtains or outdoor furniture. It has remarkable elasticity and recovery. This elasticity has made sewing it difficult. It is sensitive to acid and has a high degree of static electricity. It will melt under a hot iron. Easily dyed and blends well with other fibers.

Recent developments have brought about new effects. A new type of yarn, called Helanca, has the ability to stretch and to conform to any shape. It is being used in yarn for hosiery and gloves. A method has been discovered to make it opaque. It is less transparent.

ORLON

This fiber has many of the same characteristics that nylon has. It is more nearly like silk than nylon, since it has the warm, dry feeling of silk. It has the power to keep its shape at high humidity. It is resistant to sunlight. This has given us a glass curtain fabric that has proved most satisfactory. It does not have the strength of nylon, but is stronger than rayon and is a durable fiber. It retains 90 percent of its strength when wet. It has been difficult to dye and it melts under a hot iron.

Orlon can be pleated. It creases with a moderately hot iron. Pilling occurs in some fabrics, especially sweaters. Blending with other fibers minimizes this. It blends nicely with wool and wool becomes washable when blended with 50 percent orlon.

DACRON

It is a strong man-made fiber, as strong as nylon with characteristics similar to nylon. Its strongest point is its ability to retain shape. Nylon stretches but goes back to its original shape. Dacron does not stretch as does nylon. This should make it a good fiber for sewing thread which will eliminate puckering that we get when sewing with most nylon threads.

Dacron shows great promise from experimentation. It should solve the problem of summer suitings, as it will produce a fabric that will not wrinkle from perspiration or high humidity, and will not shrink in cleaning operations. Displays recently shown at textile meetings showed slacks laundered in home washing machines that had held the press and crease. Blouses and men's shirts laundered did not need ironing. Static electricity is one of the problems in all dacron merchandise.

Dacron has that dry hand that gives it a luxurious feel. Sweaters, socks, and knitting yarn are reported to give the long wear and easy care of nylon. The dry "hand" will be an additional quality that will be welcomed in hosiery. Some of our nationally advertised socks for men have been made of dacron.

VICARA

This is a protein fiber made from corn-zein. It has a soft hand and gives warmth without weight. It is weak when wet and scorches easily. It is not a strong fiber. It absorbs moisture almost like wool. Will and should be found only in blends. It is advertised as "the fiber that improves the blend!!".

SARAN AND VELON

These are plastic yarns that can be woven like cloth. These yarns are tough, flexible, resistant to wear, fire, and chemicals. They too have their weaknesses. They shrink excessively at high temperatures. Also, when they wrinkle, the result is permanent wrinkles or folds.

Saran's new fabric is marquisette. It is also used for upholstery, drapery fabrics, handbags and shoes.

ACRILAN

A rather new fiber that has many of the characteristics of nylon but is lighter in weight. It is also soft and blends nicely in knitting yarns. It does not have the static problem and resists pilling. For this reason it is blended with other fibers and gives a soft hand to these blends. It resists sunlight but melts under a hot iron.

DYNEL

This fiber differs from the others, In the hand it is soft and resembles cashmere in wool. It gives warmth with light weight and it has characteristics similar to other synthetics, except that it has a lower melting point. In blankets and in fabrics it has had a tendency to "pill". This means that it rolls up in little balls and finally leaves the fabric. Never use a steam iron on dynel. The press cloth should be dry and the iron should be set for the lowest possible heat. Dynel should be laundered in lukewarm water. It has much static electricity and will hold lint. It is probably advisable to purchase this fiber in a blend with other fibers if it requires pressing. In wool blends where 35 percent dynel is present, the fabric gains crease retention and wearing qualities. In 50 percent blends with cotton, it adds softness and reduces cotton shrinkage.

Dynel is fire resistant, which makes it a good fabric for children's clothing and draperies.

FIBERGLASS

This fiber is made from glass. The fabric is strong, fireproof and resistant to chemicals and mildew. Fiberglass fabrics are not at present suitable for clothing. They have an irritating effect on the skin. In coated fabrics they are desirable for draperies, screens, tablecloths, awnings, lampshades and curtains.

Fiberglass seems to be most popular in curtains. Since the fabric will not absorb moisture, they require no ironing and will not absorb dirt. Their abrasive resistance is only fair. Therefore, pull-curtains that rub a surface constantly might through friction break at the fold of the hems. These curtains should be protected from rough edges of curtain rods.

PELLON

This is a non-woven material used for stiff petticoats and interfacing. It is made of nylon, rayon and other synthetics bonded together. Pellon does not change shape or stretch. It is always stiff and is difficult to shape to a curved area in interfacing.

BLENDS

No fiber can be said to be better than another; each has its own "place in the sun". The manufacturer is responsible for blending fibers and using finishes that will give satisfaction to a fabric. Because certain fibers have certain characteristics, fabrics can be constructed for definite purposes.

Advertising has caused many a consumer disappointment. The new fibers were advertised to be "miracle fibers". Therefore, purchases have been made, many with a small amount of the fiber. The fabric did not respond as was expected, and the new fiber received a bad name

Some fabrics carry labels giving the amount of new fibers, others do not. Unless there is 50 percent or more of the fiber present, you cannot expect the fabric to have the characteristic desired in the original fiber.

At the present time, the consumer has to depend upon the integrity of the manufacturer. Possibly as consumers demand it, labeling will become a necessity.

When fibers are blended to make a fabric, it is necessary to take into consideration the weakness of the fibers. Most man-made fibers are stable; that is, they do not shrink. Natural fibers may not be stable if they have not received the correct treatment. Many persons have been disappointed in combinations of man-made fibers with cotton. They were purchased with the idea that they would not wrinkle or need any ironing. Many of them appeared wrinkled and "unironed" at all times; in fact, they never could be pressed. This was due to shrinkage of the cotton yarn and no shrinkage of the nylon or orlon.

The amount of man-made fiber used in the combination has something to do with the wearability. When nylon is combined with rayon and cotton, 60% is needed to add tensile strength, while 15% is all that is needed when combining it with acetate or wool. To give dimensional stability, which means to avoid sagging or stretching, 40% is the minimum.

Blending with orlon requires 50% orlon as a minimum with wool or acetate and 80% if combined with rayon. This should give the fabric a wrinkle resistance.

Dacron blends require for wrinkle resistance a 50% mixture with wool or acetate and 75% with rayon. For retention of press, 25% dacron is recommended for blends with all fibers.

FINISHES

Special finishes are applied to both man-made and natural fibers to give them characteristics that you do not find in their natural state. There are hundreds of different finishes, and some are used to confuse the customer. When a finish is used, a label should give definite serviceability of the applied finish.

SIZING AND DRESSING

The common ones are starches, gelatines, and resins. Starches are soluble finishes used on fabrics to give firmness. They are not permanent. Gelatine is used on rayons to give a soft, lustrous stiffness and to give body to the fabric. Home-made method: Use 2 tablespoons of gelatine dissolved in a gallon of water. Dip the fabric into this solution. Roll in a towel to take off excess material before drying. This avoids heavy drainage to the lower edge of the garment.

Resin first was discovered in 1929 and is total finish given linens to make them crease resistant. There are two types, thermoplastic and thermosetting. The thermoplastics are heat sensitive and will melt and reshape. The resin does not penetrate the fiber but forms a film over the fibers, yarns, or fabrics. Thermosetting resins are the most commonly used. The resin is infusible. Temperatures higher than 350 degrees F. - which is the fusing temperature - will destroy it. It may be washed at the temperature below 350 degrees. Ironing could destroy it.

Glazed effects on fabrics are often thermoplastic. Polished cotton has a thin layer of resin on the surface. It wrinkles when laundered. Iron in a damp state. A sculptured effect is achieved by glazing and embossing. The fabric has glazed and unglazed areas. It is truly a "non-iron" fabric, because the iron is apt to change the design.

SHRINKAGE CONTROL

Different methods control shrinkage from 1% to 2%. The following trade names may be found:

For cotton: Sanforized, Wrinkle-Shed, Rigmel, Disciplined, Everglaze
For Rayon: Fiberset, Penn-Allied, Unifast, Sanfroset, Zeset, Avcoset
For Wool: Lanaset, Pacifixed, Resloom, Sanforlan

For stretch as well as shrinkage, there is for knits the "Redmanized" finish found on T-shirts and boys' knit underclothing, "Sag-No-More" and Sanforlan" for wool, "Fiberset" for rayon, and "Trianized" for nylon.

CREASE RESISTANCE

Cotton, linen and rayon and blends of these fibers wrinkle badly. One way of reducing wrinkling is by adding some of the man-made fibers that do not wrinkle. Another is by applying finishes. Resin finishes have become quite satisfactory for cotton and rayon crease resistance. Some of the trade names for such finishes are: Tebilized, Vitalized, Wrinkle-Shed, Stazemu, Everglaze, and Superset. On nylon it is Trianized. These finishes improve the fabrics recovery from wrinkling.

COLOR FASTNESS

"Vat-Dyed" will be found on cottons and rayons and also linens. They are probably the most satisfactory in Arizona sunlight. Fabric color should be fast to laundry, perspiration and atmospheric conditions.

Dyes for acetate are most important. An effort has been made to keep fabrics from gas fading by introducing the color into the solution before the fiber is made. The terms applied are: Celaperm, or Chromspun, Color-Sealed, Colorspun, Coloray, Jetspun.

OTHER FINISHES

Flameproof fabrics are now on the market. The most common treatment is Ban-Flame.

Milium and Temp-Resisto are trade names for backing of coat linings. They increase warmth without increasing weight.

Moth and insect control are important to wool or part-wool fabrics. Fabrics must be treated in dyeing stage and the garment will be permanently moth-proofed. Or a garment may be treated when dry-cleaned. Mitin is one of the trade names. Washable wools can be treated with a solution called EQ-53. It may be sold under various trade names.

There are many other finishes, some 500, but the above are the ones that are the most important.

CARE

Every good piece of fabric carrying a label will give you instructions for care. Keep these labels. Tell your dry-cleaner about it when you send the garment to be cleaned. All of the man-made fibers need to be ironed with caution. The spin cycles in the washing machine may set hard wrinkles. Dynel requires cool water and a cool iron. Drip-drying is the best method for all.

Nylon picks up color. Therefore, white nylon must always be washed alone. Wash water hotter than the hand can stand may set wrinkles. Place curtains or fabrics into a bag when laundering in a machine to avoid wrinkles. Use a sodium perborate bleach or a specific nylon bleach for nylons. This will keep the nylon from yellowing. Repeated washing and ironing at high temperatures may cause yellowing. So can liquid chlorine bleach. Dye color remover will remove the yellowing. Special nylon bleaches are now on the market.

Some resin finishes on fabrics have become yellow or change color from use of a chlorine bleach. Your label for crease resistant finishes may tell you not to use a chlorine bleach.

If you have used a chlorine bleach and the originally white material turned yellow, you can restore the article by using one of the color removers. Follow directions on the package. A colored article that has changed color should be soaked for 1/2 hour or longer in a solution containing 1/2 tablespoon of sodium thiosulphate to a quart of water. To avoid damage to the fabric, these treatments should be used before the fabric is ironed.

If you have stubborn spots use sodium-perborate bleach. Allow to stand several hours or over night if the fabric is white. If it is not a washable garment, use powdered bleach. Sprinkle it over the dampened spot. Let stand and repeat if necessary.

Resin finishes will keep a garment from spotting, providing that the dirt or spotting material is free from oil or grease. To remove this, it will be necessary to use a dry cleaning solvent before laundering.

T-shirts and knits if over-dried seem to shrink more than when taken from the drier slightly damp.

Air-dry dynel garments, blankets or blends of dynel with other fibers.

Since most man-made fibers dry quickly, why not use this asset and air-dry them instead of using a drier?

Pilling of orlon and other synthetics and blends is caused by the making of the yarn and it is believed that static electricity may be responsible. Wear is responsible for some of the pilling as well as process of laundering. If orlon sweaters are turned inside out and placed in a bag while being laundered, the pilling may be lessened.

SPECIAL GARMENTS AND THEIR CARE

Orlon Fleece Coat	Lukewarm water, mild soap or low sudsing detergent. Remove from drier when quite damp to prevent wrinkles. Brush nap with soft brush.
Nylon and Orlon Sweaters	Laundry with mild detergent or soap. Handle like wool. Smooth shape and dry flat. If blended with wool handle the same way.
Dacron or Nylon Pleated Garments	Laundry in warm water, not more than 100 degrees. Drip dry. Avoid wringing to remove excess water. Gently roll in towel before hanging. Replace sharpness of pleats by pressing on wrong side.
Wrinkle Resistant Cotton or Rayon	Laundry in warm, not hot water. Do not wring as you will set wrinkles. If handled carefully it will retain plaits and will need little ironing. If "thrown" in a washing machine with very hot water and dried wrinkled, you will have difficulty removing wrinkles

TIPS ON SEWING THE NEW FABRICS

1. Always experiment on fabric before you begin sewing.
2. Use sharp scissors for cutting; ample seam allowances are necessary.
3. If seams tend to pucker, loosen the tension both top and bottom. Use longer stitch, smaller needle, No. 9 or 11. Then try sewing over paper, hand-wind thread onto the bobbin.
4. Nylon tricot rolls; to avoid this, stitch 1/8 inch from edge of seam, then trim down close to stitching line.
5. Use interfacing for making buttonholes. Suitable materials would be lawn or organdy which is sanforized.
6. Do not press until you are sure of the fit, as a crease, seam or hemline over-pressed is hard to remove.
7. Dacron thread seems the most suitable of the man-made fibers for sewing thread, but it is not available in all colors.
8. Paper tape pasted over the hole on the throat plate of the sewing machine will help to keep the seams from puckering.
9. To test seam puckering, stitch at least 10 to 12 inch seam and let stand several hours. The "pulling-up" and puckering often occur several hours after stitching.
10. Finish edges of seams with zigzagger or finish by turning under seam edges.
11. A double hem is often more attractive than a ragged edge turned down as first turn.

Prepared by Helen L. Church, Extension Clothing Specialist

April, 1956
cc: 350 (Cl-285)
lg

This is a picture of two members of the Plantsite Club taken during the Fitting and Altering lesson by the home agent.



The lesson "Know Your Fabrics and Their Care" was given during the meeting of the three clubs by four leaders. Information on finishes and fibers, what to expect, and how to care for the different fibers, fabrics, and finishes.

The lesson on "Sewing Centers and Cabinets" was given by nine leaders to members of the four clubs during November. Workshops will be held during the next few months at which time sewing cabinets will be made.

The leader training meetings for the lessons "Know Your Fabrics and Their Care" and "Sewing Centers and Cabinets" were conducted by Miss Helen Church, Clothing Specialist, University of Arizona.

Assistance was given individual homemakers on their construction, altering and fitting problems, and removal of stains.

The home agent discussed clothing selection, construction, care, and fashion forecasts during her weekly radio program and in her weekly newspaper columns. Sources of materials of value to homemakers were also included.

The home agent discussed the selection and buying of sweaters over the Radio Station KCIF at 11:15 A. M., August 25th.

One leader has started a class on Modern Methods of Construction. Two sessions were held during November for the seven homemakers. The leader was one of the homemakers who attended the workshop on "Better Dresses" conducted by Miss Helen Church during the fall of 1954.

The home agent made bulletins and mimeographed materials available to homemakers and assisted those who called at her office with their clothing problems. Home visits were made and assistance given when the need arose.

Results:

67 homemakers in four clubs attended the lesson on "Altering and Fitting of Clothes".

8 leaders gave the lesson on "Know Your Fabrics and Their Care" for 37 homemakers in the four clubs.

9 leaders gave the lesson on "Sewing Centers and Cabinets" for members of their four clubs. Five cabinets were made during the training meeting. Information on number made by other homemakers will have to be given next year.

The interest in the Altering and Fitting of Clothes and Modern Methods of Construction is indicated by the requests for workshops on altering of patterns and modern methods of construction as the first choice for the 1957 program by the majority of homemakers above all other choices.

Three-fourths of the ladies attending the meeting on fabric care and use reported: reading labels - 75% of them on ready-to-wear labels and 25% of them on yardage. One half of the ladies reported having less trouble stitching synthetic fabrics. Two-thirds of the ladies had less trouble in laundering synthetics and fabric finishes than they did before the lesson. Two-thirds of the ladies had purchased nylon fabrics satisfactorily, one-fifth unsatisfactorily. Three-fifths of the ladies reported purchasing dacron and orlon satisfactorily. One-eighths of the ladies reported purchasing acrilan satisfactorily and one-eighths reported purchasing it unsatisfactorily.

The lesson on Care and Use of Fabrics gave the ladies a better understanding of what to expect from fabrics purchased, how to care for them, what to look for, and the meaning of terms on label while shopping.

The reading and use of information in the home agent's weekly newspaper column seems to be rather extensive and reaching more homemakers than her weekly radio program. This is noted by requests for bulletins, further information and the scrap books being kept, and requests for assistance from non-extension homemakers.

The home agent's picture as a part of the column heading has helped the agent meet homemakers and they recognize her as the agent. This is noted by strangers stopping her on the street and discussing their problems.

Others Who Assisted With The Program

Miss Helen Church, Clothing Specialist, University of Arizona, assisted with the program by:

- 1- Conducting the Leader Training Meeting for the lesson - "Know Your Fabrics and Their Care".
- 2- Planning with the home agent for leader training and 4-H project work.
- 3- Adjusting a sewing machine belonging to one of the Greenlee homemakers. It was an off brand and there weren't any known service men for that kind.
- 4- Planning with the home agent for the 1957 workshop on "Modern Methods of Clothing Construction".

FOODS and NUTRITION

The lesson on "Casserole Meals" and "Buffet Type Table Service" was given by leaders to members of four clubs.

The leader training meeting for the Casserole Meals and Buffet Type Service was conducted by the home agent. This lesson included information on kinds of casseroles, advantages of cooking in casseroles, types of foods that might be served in casserole, use of buffet service, planning menus around casserole foods and for use by casserole service. The making of two kinds of casserole foods was demonstrated and served by buffet service. The outline on casserole meals included favorite recipes of the leaders for this lesson from both Graham and Greenlee Counties.

A reprint of the outline material on Casserole Meals was made by the office secretary to satisfy the demand for copies by the LDS work leaders for their members at the November lesson.

The lesson "Preparation of Cooked and Baked Foods for Freezing" was given to four clubs by their leaders.

The leader training meeting for this freezing lesson was conducted by Miss Martha Chapman, Home Economist. Information on effects of freezing on flavor, color, texture, and consistency of foods was given. Sampling of foods frozen for one and two weeks gave the leaders an opportunity to compare the qualities of foods cooked or baked before freezing with those frozen, then baked. Seven leaders from three of the four clubs attended this meeting in Greenlee County.

BUFFET MEALS FOR EASY ENTERTAINING

Buffet meals are popular for entertaining a larger number of guests than would otherwise be possible in many Arizona homes. They are usually very informal meals based upon a "help yourself" plan. The table decorations are especially fun. This is the easiest type of service when a hostess has to prepare and serve the dinner without help. Any meal from breakfast to midnight supper may be served buffet style.

Buffet service is especially convenient (a) if all persons cannot eat at the same time, (b) when the number to be served is uncertain, and (c) if there are too many to be seated at the table.

Buffet style of service may be used for:

- 1- Family meals, as Sunday evening supper
- 2- Meals when a few guests may be present, as breakfast
- 3- Meals when many guests are present (more than can be seated at a table)
- 4- Meals for very large groups, as family reunion or community supper
- 5- Picnics, small or large
- 6- Teas or reception
- 7- "Spur-of-the-Moment" parties

The menu should be simple and adapted to this kind of service. Each dish on the menu should be easy to serve and easy to eat. The serving of more than two courses should not be attempted.

The menus for this type of service will depend much upon the same conditions as menus for regular meals: for example:

- 1- Kitchen space and equipment for preparation
- 2- Space and equipment for service
- 3- Seating arrangements for those being served
- 4- Amount of assistance for preparation and service
- 5- Season of year and time of day
- 6- Age and activity of guests
- 7- Cost

Planning the Menu

- 1- Plan the menu to include a hot or cold main dish, a salad or relish, sandwiches or buttered rolls, beverage, and dessert.
- 2- Serve sandwiches or buttered rolls so that no knife will be required (unless guests will be seated at card tables). The meat should be so tender that it can be cut with a fork.
- 3- Serve foods which will not run together on the plate.
- 4- Make gelatin salads a bit stiffer than usual if they are to be served on the same plate with hot food.
- 5- Plan the menu almost entirely of foods that can be prepared in advance so that the host and hostess can be free to enjoy the occasion.
- 6- Choose foods that can be served and carried easily. No soups, stews, or drippy foods.
- 7- Carry out the color scheme of your decorations in your menu.

Setting the Buffet Table

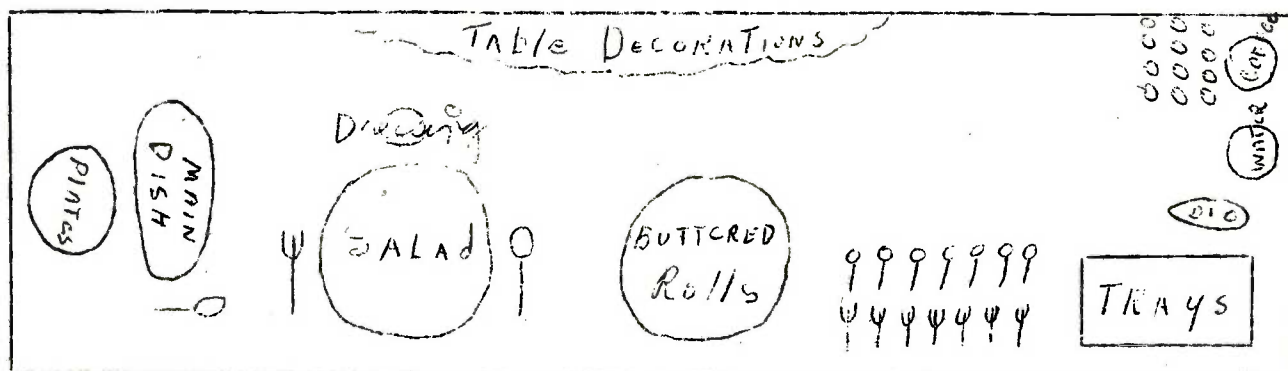
For a large group in a large room, the dining table standing in the center of the room may be set up for two lines of service with a simple, slender island arrangement of flowers and candles in the center.

For the small group it is usually more effective to place the table against the wall and build up decorations at the back. The table may be bare with mats for hot dishes or covered with a simple, informal-type cloth.

There are no definite table setting rules. The food, dishes, and silver should be so arranged on the table so that they will present an attractive well-balanced appearance and be in the order for greatest ease and speed of service.

The silver needed for service is placed by each plate of food on the buffet table.

The diagram below illustrates a good way to set a buffet table that is placed against the wall. Notice that trays are used in this service. With the table arranged in this way, it would be well to ask someone to serve the main dish and someone else to serve the water and beverage. It is planned that the dessert course will be set up on a side table.



Begin here

The hostess should ask one person to start serving herself and invite others to follow. Attention should be given to special or honor guests, invalids, and elderly persons. Each guest serves himself unless someone is present to serve a food that may require unusual care.

Where are the guests to eat their food?

- 1- When there is enough space, card tables may be set with silverware, glassware and napkins. or
- 2- For larger groups, individual trays may be used to hold the plate and silver with handy side tables nearby for beverage cup. or
- 3- Your guests can balance their plates on their laps. This is suggested only as a last resort.

Of course, if small tables are being used, the napkins and silver will be omitted from the buffet arrangement.

If possible leave space beside the salad and beside the hot dish so that a guest may set his plate down on the table while using both hands to wield the serving fork and spoon. Or better yet -- ask someone to serve these. For more than eight persons, service will be much faster if you ask some friends to serve the main dish, salad, and beverage.

A small table may be used to hold the coffee, cups, cream and sugar, iced water and glasses, or these may be placed last in line on the buffet table. Unless a tray is used, a guest does not generally serve himself to water. Beverage cups are used without saucers if the cup is to be carried on the plate or tray by the guest.

When individual trays are used, they should be placed on the buffet table so that they are ready for the guest to put his plate on after he has filled it and before he has to pick up his silver.

For second servings, or if serving dishes are small, you can have ready a second casserole dish in the oven and a salad in the refrigerator to bring on at the right moment.

Guests should feel free to return for second servings and for dessert if the service is entirely "help yourself".

How to serve the Dessert?

Before dessert is served, the tables or trays should be cleared. You may ask one or two of the guests to help do this. Dessert may be passed, or it may be displayed on the buffet table and guests asked to serve themselves. You won't have to be away from your guests so long if you have the dessert arranged ahead of time on the buffet or side table.

SUGGESTED MENUS AND TABLE DECORATIONS

Menu:

Western Buffet
(green, brown, and orange)

Western Baked Beans
Orange Cabbage Slaw in Orange Cups
Steamed Date Bread Sandwiches
Fruit Cup
Coffee

Decorations: Use tan monk's cloth or burlap for table coverings, set table with pottery dishes and use small cacti for table decorations.

WESTERN BAKED BEANS

3 c pinto beans	2 small onions
1 clove garlic, minced	$\frac{1}{2}$ c brown sugar or sorghum molasses
1 or $1\frac{1}{2}$ t salt	3 or 4 slices bacon or
1 t chili powder	$\frac{1}{4}$ c diced salt pork.
$\frac{3}{4}$ c canned strained tomatoes	

- 1- Wash beans; cover them with water and soak them overnight.
- 2- Heat to the boiling point the water in which the beans soaked; add the beans, garlic, and salt; simmer one hour.
- 3- Drain the beans, reserving the liquor.
- 4- Place the beans and whole onions in a pot or casserole.
- 5- Sprinkle the beans with sugar or molasses and chili powder. Cover them with the tomato and 1 cup of the reserved bean liquor.
- 6- Arrange bacon or onion slices on top. Cover.
- 7- Bake in a slow oven 300 degrees F. for five hours. If necessary, add more bean liquor.

Valentine Buffett
(red and white)

Menu: Chipped Beef and Stuffed Potatoes
Cranberry and Grapefruit Salad
Hot Buttered Rolls
Ice Cream with Strawberry Dip
Heart Cookies
Coffee or punch

Decorations: Use a table covering of white scrim or tarlatan over red cloth or red paper. Make a heart tree for the centerpiece. You can do this by tying small red paper hearts onto a foliage plant or by attaching small red candy hearts to a tree made of cable wire. The branches of the tree are formed by separating some of the cable wires. The trunk of the tree is held in place with modeling clay.

ORANGE CABBAGE SLAW IN ORANGE CUPS (6 servings)

3 oranges	1/4 t salt
2 c finely shredded crisp cabbage	pinch of sugar
2 T finely chopped onion	pepper to taste
1/3 c chopped water cress or parsley	1 1/2 t vinegar
1/3 c mayonnaise	sprinkle of celery salt

Cut oranges in half and cut out the pulp so that the shells will be left whole. Remove the membrane from the orange sections and cut up enough to make 1 cup. Drain. Mix the orange sections with the other ingredients. Fill the orange shells with the mixture. Garnish with sprigs of water cress or endive and serve cold and crisp.

Menu:

ST. PATRICK'S BUFFET
(green, white, and yellow)

Hamburger Pie
Grapefruit, pineapple & Avocado Salad
Hot Buttered Shamrock Rolls
Cake Squares
(white frosting with mint jelly decoration)
Coffee

Decorations: Make flower bowl of large grapefruit by carefully removing the insides. The bowl will hold water without leaking. Arrange oxalis (looks like shamrocks) in the bowl and use it as the centerpiece. On either side of it place 2 very small grapefruit where candle is inserted into grapefruit (use a white table cloth).

Material taken from outlines prepared by Rova Lincoln (Arizona) and Grace Armstrong (Illinois) by Mildred O. Eaton, Home Demonstration Agent, Graham-Greenlee Counties, Arizona for February Homemaker's Lesson. 1956
175 copies.

CASSEROLE and ONE DISH MEALS

The expression "en casserole" is sometimes misunderstood because the word "casserole" is used in two different ways. Properly speaking, a casserole is the coarse clay saucepan, so common in France, in which meats and vegetables are not only cooked, but served on the table.

In its other usage the word is applied to a case or mold of potato, rice, or fried bread, inside of which is placed some preparation of meat or vegetables. The word in this case really signifies a border or croustade.

Varieties of Casseroles:

Casseroles of different sizes, shapes and materials, are convenient additions to the cooking equipment, and should be chosen with consideration for the needs of the family. They come in many sizes from the individual ramekin up to one that will hold two chickens. They may be had in various shapes -- oval and round, shallow and deep. They are made in a variety of materials -- glass, vitrified china, earthenware, iron, and aluminum -- and in a color-range that allows one to choose according to personal preference -- brown, yellow, green, blue, and mixtures.

Care of Casseroles:

Casseroles will last indefinitely if properly treated. It is wise to avoid a sudden and great change of temperature, such as occurs when a casserole is taken from a hot oven and placed in a wet sink.

It is advisable not to set a glass or earthenware casserole over a high flame without an asbestos mat under it. A new casserole may be tempered and made more tough by pouring cold water into and about it, and bringing it gradually to the boiling point.

Advantages of Cooking in a Casserole

1. Saves dishwashing
2. Makes it possible to use left-overs, to cook tough meats tender, and to prepare vegetables in an almost unlimited variety of ways
3. Food cooked in this way needs little watching. It may be kept warm and still be attractive if the meal is delayed, and there is no loss of juices
4. A whole meal may be cooking in the oven
5. Food can be served in the dish in which it was cooked
6. A particularly beautiful pottery casserole can serve as a magnificent centerpiece

Most of us spend more of our income on food than for any other item of family living. But cost alone is not the measure of a good diet. By careful planning, we can whittle down costs and at the same time increase the nutritive value of our meals.

The main dish usually costs more than any other dish served at a meal because it contains meat or some other protein food. Very often we can cut food costs to good advantage here. Less Expensive cuts of meat are just as nutritious as those which cost more. Other protein foods such as fish, cheese, and eggs may be substituted for all or part of the meat and still give us a dish of excellent protein quality. Dried peas and beans can be served at least once a week.

Main dishes should be filling as well as nourishing and testy. The main dish should be "main" in that all the other dishes are planned around it. The other dishes provide the "rounding out" of the meal. When the main dish includes both the protein and the vegetable, it is not necessary to serve vegetables separately.

Casserole foods need not always be the main dish, but can be the side dish that makes the dinner. The following menus include a casserole main dish. These menus are merely suggestive. You will no doubt think of other foods which you would like to serve with these main dishes. The menus are followed by recipes for the main dishes. Most of the recipes are suited to the use of leftovers. You can adapt them to make use of that half cup of meat, bit of cheese or other left-overs on hand. In dishes of this type, it is necessary to know the basic recipes such as for white sauce and biscuits and to apply the basic principle of cookery for protein foods and vegetables. After that you can use your ingenuity.

Delicious Liver Casserole
Feathered Rice
Green Beans
Crisp Radishes
Broiled Grapefruit

Tuna Puff
Mushroom sauce
Buttered Broccoli
Orange-avacado salad
Tapioca Cream

Mock Enchiladas
Coleslaw
Fresh Fruit Cup with
Date Filled Cookies

Hamburger Pie
Tossed Green Salad
Chilled Pears
Crisp Cookies

Onion Cheese Pie
Buttered Spinach
Fresh Fruit Salad
Chocolate Cup Cakes

Vegetable Cheese Casserole
Brown Potato Cakes
Grapefruit and Endive Salad
Hot Gingerbread Squares
with whipped cream

Meat Turnovers with Creamed Peas
Sweet Potato Slices
Waldorf Salad
Lemon Junket
Frosted Graham Crackers

TUNA PUFF

3½ cups hot mashed potatoes
4 tablespoons margarine
1/2 cup hot milk
2 teaspoons salt

1/4 teaspoon paprika
1/8 teaspoon pepper
3 eggs, separated
1 cup flaked tuna

Whip hot mashed potatoes with margarine, milk and seasonings. Beat egg yolks until light. Stir the beaten yolks and flaked tuna into the potatoes. Fold in the stiffly beaten egg whites. Spoon lightly into greased muffin tins and bake at 325 degrees F. for 45 minutes. Serve with a mushroom sauce (canned mushroom soup can be used). (Substitutions: Any cooked ground meat or grated cheese may be substituted for the tuna.)

DELICIOUS LIVER CASSEROLE

1 lb. sliced liver
Water
2 tablespoons margarine
2 tablespoons flour
1½ cup liquid in which liver was cooked
2 tablespoons chopped celery

1/2 cup sliced olives (stuffed)
1 teaspoon salt
1/4 teaspoon paprika
1 tablespoon Worcestershire Sauce
2 hard cooked eggs, diced
1/2 cup buttered bread crumbs

Drop liver into water and simmer 5 minutes, drain, save liquid; cut into 1/4-inch cubes. Melt margarine, add flour and gradually pour in liquid, stirring until thickened. Add liver, celery, olives, seasonings and mashed hard-cooked egg yolks. Pour into casserole, sprinkle with bread crumbs. Bake uncovered in a moderate oven (350F) 20 minutes or until thoroughly heated.

MOCK ENCHILADAS

- | | |
|------------------------|---|
| 1 pound ground beef | 1 No. 1 can (2 cups) chili con carne with beans |
| 2 tablespoons fat | 1 small can tomato paste or 1/2 cup liquid |
| 1/3 cup chopped onion* | 1 3 1/2 ounce package of corn chips |
| 1 teaspoon salt | 1 1/2 cups diced American Cheese (1/2 pound) |
| 1/4 teaspoon pepper | |

Brown meat in hot fat. Add onion; cook until golden. Season with salt and pepper. Add the chili con carne and tomato paste (or liquid). Place layer of corn chips in greased 1 1/2-quart baking dish. Alternate layers of chili con carne mixture, corn chips, and cheese. Bake in moderate oven (350 degrees F.) for about 10 minutes; serves 6.

Suggestion: Cut down costs in this recipe by making your own chili con carne

VEGETABLE CHEESE CASSEROLE

- | | |
|------------------------------|--|
| 2 tablespoons butter | 1/2 cup milk |
| 1 tablespoon chopped onion* | 1 cup liquid in which vegetables were cooked |
| 3 tablespoons flour | 2 eggs, beaten |
| 1 teaspoon salt, dash pepper | 1 cup grated yellow cream cheese |
| 1 tablespoon Worcestershire | 2 cups cooked green beans |
| Buttered cracker crumbs | 2 cups sliced cooked carrots |

Melt butter, cook onion in it slightly and add flour and seasonings, blending well. Gradually add the milk and vegetable liquid, stirring while cooking. When slightly thickened, add beaten eggs. Cook 1/2 minute while stirring constantly. Do not let the sauce boil after adding the eggs. Last of all, add the grated cheese and stir in the vegetables. Pour into a greased baking dish, cover with buttered cracker crumbs and bake at 350 degrees F. for 30 minutes. Serves 6.

ONION CHEESE PIE

- | | |
|-------------------------------------|------------------------------------|
| 1 1/2 cups fine soda cracker crumbs | 3 eggs, slightly beaten |
| 1/2 cup margarine, melted | 1 teaspoon salt |
| 2 1/2 cups onions, sliced thin | 1/4 teaspoon pepper |
| 2 tablespoons margarine | 1/2 pound cheddar processed cheese |
| 1 1/2 cups milk | finely shredded |

Combine cracker crumbs and melted butter. Blend thoroughly and press evenly in buttered deep 9-inch pie plate. Saute onions in margarine until lightly browned. Place in bottom of cracker crumb crust. Put the cheese on top of the onions. Scald the milk and slowly add to the eggs, stirring constantly. Add the salt and pepper and pour over the onions and cheese. Bake in an oven at 325 degrees F, for about 45 minutes; serves 6.

HAMBURGER PIE

- | | |
|-------------------------------|--------------------------------|
| 1 pound ground beef | 1 can tomato soup |
| 2 tablespoons fat | 3 1/2 cups hot mashed potatoes |
| 1 medium onion, chopped | 1/2 cup hot milk |
| 1 teaspoon pepper | 1 egg, beaten |
| 2 1/2 cups cooked green beans | 1 teaspoon salt |
| | 1/8 teaspoon pepper |

Brown the meat in the hot fat. Add the onion and cook until it is golden. Season with salt and pepper. Add green beans and tomato soup; pour mixture into a greased 2-qt. casserole. Whip the hot mashed potatoes with milk, beaten egg and seasonings. Spread the potatoes over the meat mixture, Bake at 350 degrees F. for 35 minutes; serves 6.

MEAT TURNOVERS

1-1/4 cups cooked, ham or chopped beef	1 tablespoon grated onion
2 tablespoons bacon fat	2 tablespoons finely chopped celery
1 1/2 tablespoons flour	1/2 teaspoon salt
1/2 cup milk or meat broth	pepper

Brown meat lightly in fat. Add flour and stir until well blended. Add milk and stir until mixture is thickened and smooth. Remove from heat and mix in remaining ingredients. Mustard or horseradish sauce may be used.

Roll biscuit dough out to 1/8-inch thickness and cut into 4-inch circles.

Put 1/6 of meat filling on each circle. Fold dough over and press edges together with fork. Bake 15-20 minutes at 425 F. Serve with meat gravy or a creamed vegetable sauce; serves 6.

Substitutions: Raw Ground beef, cubed, cooked chicken; or ground cooked ham mixed with 1 Tablespoon prepared mustard may be substituted for the cooked chopped beef.

Variations: Roll biscuit dough to 1/4-inch thickness. Spread meat filling over dough. Roll like a jelly roll, cut into 1-inch slices; place in greased pan; brush top with butter or margarine. Bake and serve as suggested for the turnovers.

MILDRED O. EATON
HOME DEMONSTRATION AGENT
GRAHAM AND GREENLEE COUNTIES

cc: 300
1/31/56 - lg

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS STATE OF ARIZONA

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Graham County Cooperating

Safford

Agricultural Extension Service
Home Demonstration Agent Work
County Agent Work

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Graham County Cooperating

Safford

Agricultural Extension Service
Home Demonstration Work
County Agent Work

FEBRUARY, 1956

FAVORITE CASSEROLE RECIPES
(Graham and Greenlee 1956 Food Leaders)

HAMBURGER NOODLE CASSEROLE

1 lb. ground beef	2 cans tomato sauce
2 medium onions - chopped	salt to taste
1 bell pepper - chopped	1/2 lb. longhorn cheese
1 pkg. egg noodles	

Cook noodles in salted boiling water until tender. Fry beef, chopped onions, and chopped pepper until meat is done and onions and peppers are tender. Add tomato sauce. Pour noodles into casserole and add meat and sauce mixture. Sprinkle with grated cheese. Bake about 30 minutes at 300 degrees F. About 12 generous servings.

--Mrs. James Sanders (Ruby)
York Homemakers

SHEPHERD'S PIE

Brown one medium onion in butter or margarine. Add: 1 cup meat gravy or broth
1/2 lb. cooked pork, lamb, or beef 1 cup peas or green beans
1 cup carrots

Pour into a casserole. Pile seasoned mashed potatoes around top. Bake at 450 degrees F. for 25 minutes. Serves 6.

--Mrs. G. B. Estes (Irene)
Morenci Homemakers

TOULARINE

1 pkg. egg noodles	2 cans tomato sauce
1 to 1 1/2 lbs. hamburger	1 small can mushrooms
1 onion	1 small can corn (cream style)
1 Clove garlic	1/2 t. sage
1 small green pepper	1 small can olives (chopped)

Cook noodles and drain. Fry hamburger. Add chopped onion, green pepper, salt, sage and garlic. Add remaining ingredients and cook slightly. Combine with noodles in casserole. Sprinkle with cheese if desired and bake one-half hour at 350 degrees.

--Mrs. Irene Andres
Plantsite Homemakers

CORN AND BEEF CASSEROLE

1 medium onion	1 can (1 lb. 1 oz.) peas
2 tablespoons shortening	1 can roast beef (12 oz.)
1 can (1 lb. 1 oz. corn crumble kernel)	1 can tomato soup (10 $\frac{1}{2}$ oz.)

Start oven at 375 degrees F. Chop onion fine and cook in melted shortening until golden. Drain corn and peas. Add both vegetables to onions along with meat and tomato soup. Transfer to casserole or baking dish and bake 30 minutes; serves 14.

--Mrs. Bryce Sanders (Vera)
Thatcher Homemakers

TAMALE PIE

2 lbs. ground pork, lean, or beef	1 No. 2 $\frac{1}{2}$ can tomatoes
2 large onions - diced	1 can yellow cream style corn
salt and pepper	1 can sliced ripe olives
1 $\frac{1}{2}$ cups cornmeal	2 tablespoons chili powder
1 $\frac{1}{2}$ cup milk	1 $\frac{1}{2}$ teaspoon salt

Brown meat and onions. Add more fat, if needed. Season to taste. Cook slowly 40 minutes, stirring often. In a large kettle mix cornmeal, milk and salt. Add tomatoes. Cook very slowly about 30 minutes, stirring frequently. Add corn, olives, and chili powder. Mix well. Combine the two mixtures. Transfer to a casserole. Bake at 300 degrees F. for 1 $\frac{1}{2}$ hours. Service 12. - - This may be made the day before and stored in the refrigerator; make it firey or mild.

Mrs. Lamar Kempton (Lois)
Eden Homemakers

NOODLE AND MUSHROOM CASSEROLE

Brown 2 eggs in 3 or 4 tablespoons shortening. Stir until browned and in small pieces. Add one can mushroom soup. 1 cup top milk or cream, 1 can of water. Stir in one tablespoon brewers yeast, 2 tablespoons soy sauce. Add 1/2 or more cup mushrooms. Pour over about 4 cups cooked noodles. Bake at 350 degrees about 30 minutes. A little garlic seasoning can be added if desired.

--Mrs. J. D. Williams (Rachael)
Aravaipa Homemakers

QUICK CASSEROLE

1 pkg. frozen kernel corn	1 or 2 stalks of celery (leaves too if desired)
1 small onion - chopped fine	
1 green pepper or 1 green chili	3 tablespoons fat or oil
1 can condensed tomato soup	

Cook corn until tender. Chop and dice pepper and celery fine. Fry onion, pepper and celery in the fat or oil until tender. Add corn to this mixture. Add tomato soup. This can be served or it can be set in a warm oven until ready for serving. VARIATION: Add small meat balls or patties (cooked) using your own desired seasoning in the meat. This makes a complete one dish meal.

Mrs. Eldon Smith (Vera)
Thatcher Homemakers

MEAT VEGETABLE PIE

3 tablespoons meat drippings	1 cup chopped celery
3 tablespoons flour=	2 lbs. hamburger
1 large onion - chopped	1 cup cooked string beans
2 cups canned tomatoes	1 cup liquid from beans

Saute onion and celery in drippings. Crumble hamburger into flour and add too onion-celery mixture. Brown meat. Add tomatoes.

Saute onion and celery in drippings. Crumble hamburger into flour and brown lightly. Add tomatoes, beans, celery, onions and juice. Pour into casserole and bake 20 minutes at 375 degrees F. Top with cheese, if desired.

--Mrs. W. M. Cox (Vivi)
Morenci Homemakers

CHEESE SWIRLS

Use your best biscuit recipe. Roll dough 1/4 inch thick. Arrange alternately in rows -- thin strips of bell pepper, cheese, and pimento. Roll dough up into a long roll. Cut into 1/2 inch slices. Place on top of Meat Pie; then bake as directed.

Mrs. W.M. Cox (Vivi)
Morenci Homemakers

TAMALE PIE

1 cup corn meal	1 lb. hamburger
2 eggs (slightly beaten)	2 cloves garlic
pinch soda	1 large onion
salt to taste	1 can olives
2 cups tomato sauce	grated cheese
1 can creamed corn	1 cup milk

1 tablespoon chili powder

Blend cornmeal, chili powder. Brown hamburger, onions, garlic, add to meal mixture. Add rest of the ingredients. Sprinkle generously with grated cheese. Bake in moderate oven 40 minutes.

Mrs. Edna Larremore
Clifton Homemakers

BAKED LAMB RICE CURRY

1 cup rice (brown or white)	1 teaspoon salt
1 cup assorted dry fruit or one kind can be used)	4 lamb chops (should can be used)
5 cups water (hot)	1/2 teaspoon curry or more according to taste

Crown chops in olive oil. Put rice, salt, curry, and fruit and the 5 cups of water in the casserole. Place chops on top. Cover. Bake one hour at 350 degrees F. Serves 4.

Miss Jean M. Stewart
State Home Demonstration Leader

MOCK CHICKEN PIE (A wonderful substitute for the real thing)

Combine gently: 2 cups hot medium white sauce
1 cup tuna (7 oz can) in large pieces
2 cups cooked cut-up carrots
1 cup cooked peas, drained

Season with salt and pepper. Pour into greased 2-quart casserole. Heat in oven until mixture bubbles, then cover immediately with Rich Biscuit Dough. Bake at 450 degrees F. for 25 minutes. 6 servings.

--Source unknown

Here are the receipes for the two casseroles that we prepared during the training meeting.

HAM NOODLE CASSEROLE

1/2 lb. raw smoked ham	2 cups noodles (6 oz.)
1/2 lb. American cheese	1 cup mushroom soup
1 green pepper (I like it better with only 1/2 pepper.)	bread crumbs

Put ham and cheese through a food chopper. Cook noodles in salted water (1½ cups) Chop pepper. Mix all ingredients except the bread crumbs and pour into a baking dish. Cover and place in the oven for about 35 minutes (moderate oven). Remove lid, add bread crumbs and brown.

Chicken, cold roast beef, turkey, or tuna may be used instead of ham. White sauce or a cup of vegetable juice or puree may be used in place of mushroom soup.

+ + + +

SWEET POTATOES, APPLE, AND SAUSAGE CASSEROLE

1 lb. sausage	2 or 4 cooked sweet potatoes - sliced
4 tablespoons molasses	4 tart apples - sliced
1 teaspoon salt	

Form sausage into patties and brown lightly on both sides. Remove from pan, pour off fat so that not more than 4 tablespoons remain. Add molasses (I used brown sugar), and salt to sausage fat. Put sweet potatoes and apples in alternate layers in the baking dish. Lay sausage patties on top and pour sausage fat mixture over all. Bake in a moderately hot oven for 30 minutes. If the meat is short, add black walnuts.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Graham County Cooperating

Safford

Agricultural Extension Service
Home Demonstration Work
County Agent Work

FREEZING COOKED AND BAKED FOODS

BY
Martha K. Chapman

Frozen foods have become an accepted part of the homemaker's food preparation plan. There is a wide variety of products available that make meal preparation easier and faster. The homemaker with her freezer at home can utilize it to the fullest extent by buying at sales and in quantities, and by preparing her own fine foods for use in quick and easily prepared meals.

Many times it is easy to prepare twice the amount of a dish and freeze the half not used. Freezing left-overs is good management and adds variety and interest to meals. Just think how nice it would be to have your holiday meals ready weeks ahead of the rush at Thanksgiving, Christmas, and New Years.

There are, however, many problems to consider in freezing cooked and baked foods and the wise homemaker will keep up on the latest recommendations given by research. Such problems include:

EFFECT OF FREEZING ON FLAVORS

Fried foods have a "warmed-up" flavor.

Salt, onion, and most spices lose some of their flavor

Pepper, celery, and green pepper become more pronounced

Use only first quality foods - i.e. rancid butter becomes more rancid

Use pure extracts - synthetic flavors often become bitter

EFFECT OF FREEZING ON COLORS

To prevent a change of color of foods that are red, white, or yellow, add an acid food -- such as orange or lemon juice, sour cream, or acid milk wheys -- when you can do so without spoiling the flavor.

EFFECT OF FREEZING ON TEXTURE AND CONSISTENCY

Hard cooked egg white becomes tough

Raw vegetables lose crispness

Mayonnaise separates

Cream sauces tend to separate

Boiled potatoes tend to become mushy and discolored

Custard pies "weep" and are unsatisfactory

Do not overcook since freezing softens foods and reheating softens them further

IMPORTANCE OF GOOD PACKAGING AND LABELING

Use only moisture-proof wrappings and containers and prevent freezer burn
Remove as much air from the package as possible
To prevent delicate foods from being mashed in the freezer, place them in sturdy cartons
Package only as much food as you expect to use at one time
Small packages freeze quicker and thaw quicker
Label and date each package. The storage life of some prepared foods is short.

HOW LONG TO STORE

The shorter the period of freezer storage, the more appetizing these foods will be. Storing them longer than six months is not recommended. With all foods there is a gradual loss of flavor, aroma, and natural texture.

HOW TO THAW AND HEAT

Once foods are taken from the freezer, prepare them for the table as quickly as possible
Thaw foods in their original containers
Foods may be thawed in the refrigerator, at room temperature, in front of a fan, and for some foods in a low-temperature oven
Heat in a heavy, tightly covered pan.

See following pages for Examples of Specific Foods

EXAMPLES OF SPECIFIC FOODS

MEATS AND MAIN DISHES

Chicken-a-la-king -- follow directions in Home and Garden Bulletin No. 40

Tamale Pie

2 medium-sized onions, sliced
3 cloves of garlic, minced
5 tbs. salad oil
1½ lbs. ground beef
1½ tsp. salt
2 tbs. chili powder
1 No. 2½ can (2½ cups) tomatoes
1½ cups pitted, ripe olives, coarsely cut
1 cup seedless raisins
2 tsp. salt
½ tbs. chili powder
6 cups boiling water
2 cups yellow corn meal
½ cup grated American cheese

Brown beef in hot salad oil; add onion and garlic and brown lightly. Add 1-1/2 tsp. salt, 2 tbs. chili powder, tomatoes, olives, and raisins. Cook slowly 1½ hours. Add remaining salt and chili powder to water; slowly add corn meal; cook 15 minutes, stirring frequently. Line greased baking dish with 1-inch layer of mush. Pour in meat filling, spread remaining mush on top; bake in moderate oven (325°) 1½ hours. Serves 6-8.

To serve immediately add grated cheese sprinkled over the top the last 15 minutes.

To freeze -- omit cheese, cool quickly, wrap, and freeze. Use a baking dish that is both cold and heat resistant. Reheat by sprinkling with cheese and placing in a 325° oven until cheese is melted and product is heated through.

Ham Loaf

1 pound ground ham
1/2 pound ground pork
1½ cups fine bread crumbs
1 well-beaten egg
1/2 tsp. dry mustard
1/2 cup milk
1/4 cup brown sugar
1 tsp. prepared mustard

Combine ham, pork, bread crumbs, egg, 1/2 tsp. dry mustard, and milk. Fill bread pan or medium-sized muffin pans. Combine brown sugar and prepared mustard and spread over top of loaf. Bake in a moderate oven 350° for 45 minutes. Serve with hot cherry sauce. Serves 6. CHERRY SAUCE: Combine 2 tbsp. cornstarch and 1/2 cup sugar; add 1 No. 2 can (2½ cups) pitted red cherries. Cook over low heat until thick and clear, stirring constantly.

INDIVIDUAL MEAT LOAVES: Use any good recipe for meat loaf and shape into individual loaves.

QUICK BREADS

Apricot-Nut Bread

1/2 lb. dried apricots

1 c. water

1/2 c. sugar

Wash apricots, add water and sugar, and cook until soft. Drain apricots and use juice as part of the liquid in the bread. Force fruit through sieve and cool.

1 beaten egg

1 cup sour milk and apricot juice

2 tbs. melted shortening

2 1/2 cups sifted flour

1/2 tsp. ~~salt~~ salt

3 tsp. baking powder

1/2 tsp. soda

1 cup sugar

1/2 cup chopped nuts

Beat egg, add sour milk and shortening. Add apricot pulp and mix well. Add flour sifted with salt, baking powder, soda, and sugar; then add nut meats. Stir only until well mixed. Bake in greased 2-pound loaf pan in moderate oven (350 degrees) 1 hour.

Note: Use double action baking powder for quick breads.

YEAST BREADS AND ROLLS

Unbaked rolls or bread

Allow dough to rise once. Shape into rolls or loaves and freeze immediately

Do not store dough longer than a month

Let dough thaw and rise in a warm place until light (2-2 1/2 hours for rolls)

Use any standard recipe

Baked Rolls or bread

Cool quickly. Package in cellophane or metal foil and seal with heat.

Freeze at once

Thaw rolls or bread by reheating them in their wrappings in a hot oven (400)

PIES

Freezing unbaked pies

Use more thickening than if pie is baked before freezing

Frozen unbaked pies have a fresher taste and more crumbly crust than frozen baked pies.

For baking remove from wrapping, place on cookie sheet in hot oven (400⁰) and bake 30-40 minutes or until done

Freezing baked pies

Bake pie in the usual way, cool quickly, and wrap well. Freeze immediately.

To serve -- unwrap pie and place in a hot oven 20-30 minutes.

NOTE: Most single crust pies do not freeze well.

CAKES

Shortened cakes - use any standard recipe

Frozen batter

1. Use double action baking powder
2. Package batter and freeze immediately
3. Defrost batter until just soft, place in prepared pans and bake

Frozen baked cake

Cool baked cake quickly. Wrap carefully and freeze immediately.
Defrost at room temperatures

Angel Cakes and Chiffon cakes

Bake, cool quickly, wrap, and place in box to prevent crushing

Fruit Cakes

Bake, cool quickly, wrap and freeze immediately

References:

Home and Garden Bulletin No. 40
Foods From the Freezer - Cornell Extension Bulletin 692
Freezing Cooked and Prepared Foods - Extension Service - Univ. of Ill.

MKC:lg
cc: 250

COOPERATIVE EXTENSION WORK IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Greenlee County Cooperating

Duncan

Agricultural Extension Service
Home Demonstration Work
County Agent Work

"SANDWICHES ARE NUTRITIOUS TOO"

By Mildred O. Eaton

Home Agent for Graham and Greenlee Counties

An encyclopedia published about 1900 defines a sandwich as "an article of food consisting of a slice of meat, fish, fowl, or other food placed between two slices of bread, which may be plain or buttered".

No such simple definition could be given today, for from these simple beginnings the sandwich has developed in all directions, and has adapted itself to such varied needs that it ranges from a fragile morsel served with afternoon tea to an elaborate combination of toast, meat, lettuce, tomato, sauce, and any number of other things which combine to make it a complete and satisfying meal.

Even the requirement of two slices of bread with something between them is no longer in force. "Open-face" sandwiches offer almost unlimited opportunity for variety in both cold and hot meals, or parties. The possibilities are endless. Often one slice holds its meat or tomato while its companion is covered with cole slaw or dill pickle or a lettuce leaf holding a spoonful of mayonnaise.

Traditionally, day-old bread is supposed to be used, because it is easier to cut, but if you have a sharp knife and keep it horizontal as you cut with a swing motion, even fresh bread may easily be cut into either thick or thin slices. The slicing of bread should be done ahead of time. Spreads should be soft enough to spread thinly and evenly with a knife blade or spatula.

In spreading fillings, be sure all four corners of the bread are covered. This means a proper distribution of the fillings in the sandwich, so that when one is biting near the edge he will find something besides bread. The filling may be topped with crisp lettuce, cabbage (red or green), water cress, cole slaw, or other greens.

These greens as well as filling should not protrude over the sides of the bread, but should be neatly trimmed.

The bread for flat sandwiches should be a day old because it can be cut more easily than fresh bread. Rolled sandwiches, fresh bread should be used. Bread baked in special tins which provide slices that are perfect squares or circles is economical when the crusts are to be cut off, but any loaf of comparatively fine grain may be used.

When toast is used for a sandwich, butter the toast promptly after making. This preserves the moisture and keeps it from drying too quickly. Cold dry toast should never be used. Reserve it for croutons for soup, or for pudding. Save also the bread and toast trimmings for the same purpose and for crumbing. Burned toast or scraped burned toast should never be used.

All sorts of breads are made into sandwiches --- white, brown, rye, graham, whole-wheat, raisin, date, nut, etc. Sometimes two or more breads are used together. Long, narrow rolls are attractive when sliced lengthwise, buttered, and filled. For picnics, where substantial filling is desirable, the crumb of the roll may be removed and the hollow filled with sandwich material. Picnic and lunch-box sandwiches are cut somewhat thicker than fancy sandwiches, and the crusts are generally left on. Thin salt wafers and crackers are often used instead of bread for paste sandwiches.

For fancy sandwiches to be used for tea or receptions, or as an appetizer at the beginning of the meal, or to be served with the salad, the bread should be cut into slices as thin as possible and the crusts should be removed. Use a sharp knife so there will be no ragged edges.

A poorly buttered sandwich is very unpalatable. Butter should be thoroughly creamed before it is spread or it won't spread evenly. To cream butter, place it in a warm bowl and mash and beat it until it is soft. Sandwich butters are often made by creaming one cup of butter with one-half cup of cream. One-half cup of butter creamed will spread a two-pound sandwich loaf cutting 40 to 45 slices.

Relishes such as mustard, grated horseradish, chopped parsley, chives, and curry may be added to creamed butter for use in sandwiches of meat, tomato, game, chicken, fish, cheese, or eggs.

Have filling well seasoned before spreading (moist but not wet). Keep fillings fresh and moist in covered bowls or plastic containers in the refrigerator. Use several thin slices of meat rather than one thick slice. Wrap lettuce separately.

Sandwiches may be cut with a knife into triangles, oblongs, and similar outlines, or shaped with cutters. When sandwiches are shaped with fancy cutters, the bread should be shaped before it is spread to avoid waste of butter and filling. Care must be taken afterwards not to spoil the shape while spreading.

To roll sandwiches -- cut the crusts from fresh bread or (if stale bread is used) cut off crusts and wrap for an hour in a cloth wrung from cold water. Bread should be cut thin. Spread a thin layer of butter or mayonnaise on one side of a slice. Spread filling or insert food for filling and roll. Edges may be held together with a toothpick. Wrap sandwiches in a dampened napkin and store until ready for serving in a cool place.

Sandwiches are best prepared just before serving, especially if filling is of a kind that will become limp or soak into the bread. When it is necessary to make them ahead of time, wrap them in wax paper, or a slightly dampened cloth, or store in a stone jar.

Be up-to-date. Keep frozen sandwiches on hand. You can fix them when "makings" are around, such as leftover roast, chicken, etc., at a time that is convenient, and avoid that early-morning rush with the lunch box. You'll enjoy your own parties more when sandwiches can be made a week ahead, and they will be ready when friends drop in.

You can keep sandwiches two to three weeks in the home freezer or the freezing compartment of your refrigerator. Or just freeze the fillings.

Spread each slice of bread with softened butter or margarine. Avoid spreading with mayonnaise, jelly, or other salad dressings since they soak through. Fill with meat, cheese, fish, peanut butter, chicken. Leave out lettuce, celery, carrots, tomatoes, etc. as these lose crispness. They can be added when the sandwiches are eaten. Also, avoid fillings containing hard-cooked egg.

Wrap well in moisture-vapor-proof material. Slip name of sandwich under top fold. Pack sandwiches, right from freezer, in lunch box. They will thaw in three to three and one half hours, just in time for lunch. Don't remove outer wrapping until sandwiches are ready for serving or partly thawed. If not serving immediately, hold in the refrigerator.

The leader training meeting for the lesson - "Sandwiches for Entertaining" was conducted by the home agent for leaders from three of the Greenlee clubs. During this meeting she discussed the history, different kinds, uses, and fillings of the sandwich. She demonstrated cutting bread for rolled sandwiches, different shapes and types of sandwiches, and sandwich loaves. During the demonstration she made rolled asparagus and olive, ribbon and checker board, open face, and a sandwich loaf.

The two leaders from the York club gave the lesson on "Preparation of Baked and Cooked Foods for Freezing" for members of their club during their October meeting.

The leaders from the Plantsite Club gave the lesson on "Sandwiches for Entertaining" and parts from the freezing lesson during their October meeting. The leaders chose the parts of the freezing lesson of value to homemakers who do not have lockers or home freezers and buy their foods already frozen.

Leaders from the Morenci and Clifton clubs gave the lesson on "Sandwiches for Entertaining" during their October club meeting.

The home agent demonstrated the cooking of gingerbread and biscuits on the waffle iron as a part of the leader training lesson on "Making Better Use of Equipment". She also served brownies which had been cooked on the waffle iron. Recipes for these foods were included in her outline.

Assistance was given homemakers by the home agent through her weekly newspaper column and radio talks.

Individual homemakers were helped by the agent through telephone calls, office calls, and home visits. Bulletins and mimeographed materials were sent out.

The home agent assisted the LDS Relief Society Ward Leaders in Duncan and Franklin in collecting material for their lessons on poultry cookery, soups, meat cookery, casserole meals, sandwiches, and cheese cookery. She lent the ladies some material from her personal file. Copies of the materials were given the ladies for members of their Relief Societies.

Publicity was given to projects and lesson activities so that all interested homemakers might participate and obtain information materials.

Results

Seven leaders gave the lesson "Casserole Meals - Buffet Type Service" to 52 homemakers in three clubs.

One hundred and fifty copies of the outline on "Casserole Meals" have been distributed. A reprint of 300 more copies had to be made to supply the needs of the LDS Relief Societies in the two counties who had their lesson in November.

This lesson on Casserole Meals and Buffet Service was well received by the homemakers. One homemaker said she never before understood how to place each food and article on the table for smooth, convenient buffet service.

Two leaders gave the lesson on "Preparation of Cooked and Baked Foods for Freezing" to 8 homemakers in one club during October.

Six leaders gave the lesson on "Sandwiches for Entertaining" to 33 homemakers in one club during October.

More and more requests are coming in for bulletins, mimeographed materials, and assistance as a result of information given in the agent's newspaper column, radio talks, and publicity on homemaker programs. Homemakers in areas not served by clubs are beginning to seek assistance from the home agent.

HOME MANAGEMENT

The lesson - "Making Better Use of Equipment" - was given by leaders to members of the four clubs during September.

The leader training meeting was conducted by the home agent. This lesson included - what to expect from equipment, how to use it, and how to care for the equipment. Information was given about the metals and materials used in making equipment and their characteristics. The agent also discussed the saving of time and energy through the use of the right equipment for the job... to make the mind and tool do most of the work. She suggested the use of the long muscle in the arm whenever possible rather than the short precision muscles in the fingers. The home agent demonstrated the cooking of corn bread in the waffle iron. It was shown to be possible to bake package mix foods in the waffle iron by the addition of 1/4 cup of fat. Brownies were baked. One of the outlines is included in this report.

The home agent assisted with the 4-H Electric Merry-go-round at the State 4-H Leaders Conference in August. She discussed, illustrated, demonstrated a 10-minute talk on light in the home. Most of the time was given to different kinds of bulbs and their use.

Information on laundrying, cleaning, household insects, managing work, arranging equipment for time and energy saving, selection and use of equipment were included in the home agent's weekly newspaper column and radio talks.

The mimeographed material on "Making Use of Equipment" and all extension and USDA bulletins were made available to all homemakers. From time to time special reference was made to certain ones through the column and radio talks. For example - in the spring, to the bulletins on laundrying and storing of blankets.

Again, effort was made by the agent to get a druggist to stock EZ-53.

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Graham County Cooperating

Agricultural Extension Service
Home Demonstration Agent
County Agent Work

MAKING BETTER USE OF YOUR EQUIPMENT
* * * * *

PAGE: 2 : MAKING BETTER USE OF YOUR EQUIPMENT

Many of our pieces of equipment are the key to speedy, food-saving, appetizing meals. Are you making full use of each piece of equipment? How can you use this equipment to better advantage in cooking for your family?

Small appliances need so little to keep them happy; with just a bit from you they'll stay right on the job. How inconvenient it is to break or have a piece of equipment break down and have to wait weeks for repairs. So don't overlook the smallest detail of care that will keep your small equipment going.

But, first, before we discuss care and use, let's find out what materials go into these tools and what characteristics these materials have.

CAST IRON

Will rust, is brittle, has relatively low tensile strength
Is fairly good conductor of heat. Holds heat well
Has high absorption and emission power
Parts made from it are less lasting than that from machined
When used for cooking equipment it is -- comparatively inexpensive, heavy, difficult to keep attractive in appearance, may discolor acid foods, must be seasoned before use to prevent sticking, used largely in skillets, griddles, and Dutch ovens.

STAINLESS STEEL

Will scratch with scouring
Has low heat conductivity, absorption and emission powers
Has high tensile strength
Is resistant to corrosion
Takes and retains high polished surfaces
Isn't affected by food acids or alkalies
When used in cooking utensils ---
-low conductivity partly overcome by electroplating copper bottom or using two thin sheets of stainless steel with a core of copper between
-when not combined with copper it frequently develops hot spots and requires low heat. Food has to be watched to avoid burning
-if over heated, may develop a brownish tinge
- is attractive in appearance and requires very little care

ALUMINUM

Doesn't corrode
Is affected by alkalies and certain acid foods
Shouldn't be washed with strong soaps or scouring powder containing free alkali
Conducts heat rapidly
Remove discoloration by rubbing with aluminum cleaner or whiting, or fine steel wool or by vinegar or lemon juice
Aluminum containing magnesium is most stain-resisting and make beautiful castings
Thin aluminum dents easily

PAGE: 3 : MAKING BETTER USE OF YOUR EQUIPMENT

ENAMEL

Is non-soluble. Won't rust or discolor. Isn't affected by atmosphere condition
Has high absorption and emission power
Heat conduction determined largely by base metal
Will crack or chip - if submitted to extreme temperatures or undue strain
Foods have a tendency to stick easily because of porous surface
Burned food is difficult to remove
Hot spots may develop
Ordinary Porcelain Enamel is affected by strong acids and marked by metal spoons

COPPER

One of the best conductors of heat and electricity
Can be rolled into sheets or pulled into threads or wires.
Tarnishes easily. Scratches easily by abrasives.

NICKEL AND CHROMIUM

Highly resistant to action of air and water
Not affected to any extent by food acids and alkalies
Appliances electroplated with nickel and chromium have high polished finish that is attractive and durable
Nickel-plating tarnishes slightly, but is easily cleaned
Nickel-plating has soft finish, easily destroyed by abrasives
Nickel-plating frequently discolors if subjected to high temperatures
Alloy made from nickel and chromium is commonly used for heating elements of electrical appliances

TIN

Doesn't rust. Is light in weight. Good conductor of heat.
Is readily affected by food acids.
When new is low in absorption and emission power. This improves as shine disappears and metal darkens with use.
Tin coat easily scraped off, particularly when hot.

GLASS -- must be heat resisting

Cannot be subjected to high temperatures
Comparatively poor conductor of heat
Has high absorption and emission power
Especially good for oven wear because of high absorption and emission power

MONEL - is a nickel-copper alloy

Has a silver-like luster. Has high tensile strength
Is very resistant to denting, scratching and staining. Doesn't corrode.
Is unaffected by food acids and alkalies
Takes and retains a good polish
Comparatively poor conductor of heat
Used for sinks, table tops, laundry equipment, oven lining

A U T O M A T I C T O A S T E R S

WHAT TO EXPECT

Made of pressed steel plated with chromium. Handles are usually plastic, occasionally of wood.
Handles should be insulated to prevent burning fingers
Bottom should be insulated to prevent damage to table.
Has a timing device or temperature device so toast can always be the same.
Has a dial to set. Must be changed for different kinds of bread.
Has wire guards to keep bread from coming in contact with unit.
Wire guards prevent radiant heat from reaching all the slices directly.
Causes light streaks on bread.
Good toaster browns evenly
Toast can be served hot and conveniently because toaster remains connected.

HOW TO USE

If bread sticks, disconnect and turn upside down. Shake toaster till pieces fall out
All breads do not toast alike. Those having excessive moisture, uneven texture, or a deficiency in milk or sugar may toast unevenly.
During baking certain breads dry out at the top. If your bread toasts too dark at the top, try putting slices in with the top down.
When slicing bread at home -- cut slices 1/4 to 1/2 inch thick and as evenly as possible so edges won't over brown
When toasting whole wheat, raisin, or other rich breads, as rolls, frozen waffles, use a slightly darker "color control setting" than you use for plain white bread

HOW TO CARE FOR

Remove plug from outlet before cleaning.
Remove crumb tray. Brush off crumbs, or wash tray in warm, soapy water.
Dry before replacing.
Clean crumbs out of toaster by turning upside down and spanking, if toaster doesn't have a crumb plate
To avoid damage to your toaster and for safety, never use a sharp object as a fork to remove a piece of toast.
Never put toaster into water
Wipe outside with a soft cloth
A metal polish cream may be used twice a year to preserve shine. Be sure not to allow polish to get inside on any electric wires

W A F F L E B A K E R

WHAT TO EXPECT

Usually made of steel or copper, plated chromium or nickel
Baking grids are commonly cast aluminum
Terminal studs are on lower half of baker. Studs should be protected by a guard
Connecting wires to upper unit should pass through hinge or have a separate coil through which they pass
Wires carefully insulated from metal of the baker and protected from injury in opening and closing of the iron
Sufficient freedom of action in hinge to allow waffle to rise, otherwise they are soggy
Tray broad enough to catch drippings of batter. An overflow rim on edge of lower grid is more desirable
All edges smooth
Bottom of baker insulated to protect table
Handles made of heat-resistant material
High knobs close together for crisp waffles
Grids heat evenly and equally well
Waffle baker will do many things in addition to baking waffles. Try baking corn bread, gingerbread, brownies, fritters, biscuits, etc.

HOW TO USE

Allow baker to heat to baking temperature before adding batter. The thermostat light will go out indicating the temperature has been reached
If there's no indicator or control -- insert a piece of paper between grids until it becomes the desired shade of brown
Follow recipe instructions exactly, particularly preheating, and temperature setting. Grids that are too cool or too hot can cause sticking.
Pour batter from end to end along the center of the lower grid and spread slightly. Close waffle baker quickly. The signal light will go on. When it goes off again the waffle is baked.
Never open baker while waffle is baking. This breaks the waffle and causes sticking
Always use the amount of shortening specified in the recipe. If using a package mix or another recipe which does not call for shortening, add at least 1/4 cup of melted shortening or salad oil to each batch of waffles to prevent sticking
Do not increase the amount of sugar in a waffle recipe. Changing sugar content of a balanced recipe can cause waffle failure.
When through baking, slide control to OFF. Leave baker open to cool.

HOW TO CARE FOR

Do not wash or scrape the inside of your waffle baker. As you use the baker it will darken harmlessly from salt in the shortening.
Never immerse the baker in water.
Leave baker open to cool; this prevents burning of fat and food onto metal
Wipe off excess grease with a soft cloth or paper towel before storing.
If grids do become stained or sticky, remove them from grill. Dissolve a small amount of a mild detergent in very hot water and allow grids to soak in solution for a half hour or more. Then wash with sudsy water and a bristle brush. Rinse and dry thoroughly. If scouring powder is used be sure to rinse very carefully, as even a small amount on grids can cause sticking
Season a new waffle baker before using for first time, or if grids are worn off after long usage.
To Season Grids: Put 1/4 teaspoon salad oil or melted, unsalted shortening into each of the sections of the waffle grill and brush it thoroughly onto all the exposed surfaces. Close grill. Set temperature control on MEDIUM and allow to heat until signal light goes out. Slide control to off position. Open grill and allow to cool. Wipe off excess fat with clean soft cloth

E L E C T R I C M I X E R

WHAT TO EXPECT

Beater will mix air into foods by electricity evenly and at correct speed.
Motor drives the beaters which are easy to remove for washing.
Usually 2 bowls of correct size and shape are furnished so all batter is carried into and through the beaters
Uniform bowl and beater speed
Motor speed adjustable
Beater blades should be sturdy in construction and made of a non-rust material
No sharp edges or crevices in beaters.
Beater should reach and mix all materials put in the bowl.
Motor should be compact unit and capable of being regulated for different speeds
Adjustment for tipping back or lifting motor for easy removal of bowl and beater blades.
Base should be large enough that when motor is tilted back or raised there will be no possibility for appliance to fall
Should have 1/8 or 1/6 horse power motor

HOW TO USE

Plan to allow beater to stand where preparation takes place.
Turn off motor while scraper is used to remove ingredients adhering to bowl
Greater efficiency in beating results, when platform is moved so beater is close to side of bowl as possible. Do not allow beaters to hit sides
Check guide book from manufacturer and follow instructions for use.
Detach motor to allow beating at range or any work area.

HOW TO CARE FOR

Don't let water or juice splash or run into the motor
Follow directions of manufacturer for oiling the motor, unless it's the permanently lubricated type
Detach beaters for washing
Never put motor in water
Go over outside of mixer with damp cloth after each using.

JUNIOR SIZE MIXER

WHAT TO EXPECT

Folds, blends, stirs, mixes, beats and whips as does standard size
Portable, light weight, convenient heel rest, thumb-tip control for correct speed
Can be easily used at any convenient outlet
Excellent for small, fast jobs. Not built for thick, heavy mixtures as beating candy that requires 1/8 to 1/6 horse power motor
Beaters easily removed for cleaning
Hangs on wall or stores easily
Doesn't have a standard to hold it for stationary beating

HOW TO CARE FOR

Same as other beater
Wipe with a damp cloth

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Graham County Cooperating

Safford Agricultural Extension Service
Home Demonstration Work
County Agent Work

September 5, 1956

PLAIN WAFFLES

1½ cup flour	1 tablespoon sugar
2 teaspoons rapid acting baking powders or	2 eggs
1½ teaspoons double acting baking powder	1 cup milk
	¼ tablespoons melted fat
½ teaspoon salt	

Sift dry ingredients together into bowl. Beat egg yolks. Add melted fat to milk-egg mixture. Add liquid ingredients to dry all at once, and stir, quickly until well blended. Fold stiffly beaten egg whites in. Bake in waffle baker.

VARIATIONS FOR WAFFLES

Whole Wheat: Substitute 1 cup whole wheat flour for 1 cup white flour

Pecan Waffles: Add 1 cup chopped pecans to the batter before baking

Bacon Waffles: Sprinkle diced crisp bacon over the batter before closing iron. OR place 1/2 strip of partially cooked bacon on each section of pre-hated waffle grid. Spread plain waffle batter over bacon and bake

Cheese Waffles: Add 1/2 to 1 cup grated sharp processed cheese to batter at same time egg whites are folded in. Bake as for plain waffles.

Spiced Waffles: Add 2 teaspoons cinnamon, 1/2 teaspoon nutmeg, 1/4 teaspoon allspice, and 1/2 cup raisins to the batter.

Sour Cream Waffles: Omit fat and substitute sour cream for milk. Add ½ teaspoon soda and decrease baking powder to 1 teaspoon.

Apple Waffles: Add ½ teaspoon cinnamon and 1 to 1½ cups diced apples to waffle batter before folding in egg white.

CORN BREAD

1 cup flour	2 tablespoon sugar	¾ cup corn meal
1 egg	1 cup milk	1 teaspoon salt=
3 teaspoon rapid acting baking powder or 2 teaspoons double acting baking powder		3 tablespoons melted fat

Sift dry ingredients together. Combine the milk, egg, and melted fat. Add liquid to the dry ingredients and stir until blended. Brush waffle iron slightly with olive oil. Bake as for waffles.

BISCUITS: Use your favorite recipe. Be sure there is 1/4 cup fat in it.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Graham County Cooperating

Safford

Agricultural Extension Service
Home Demonstration Work
County Agent Work

September 5, 1956

COCONUT CAKE WAFFLES

1/3 cup shortening	1/2 cup sugar	1 egg, unbeaten
1/2 teaspoon lemon extract		2 teaspoons baking powder
1/4 teaspoon salt	1 cup milk	1 cup shredded coconut
	1 1/2 cups sifted cake flour	

Place shortening, sugar, egg and lemon extract in small mixing bowl. Beat at medium speed, scraping sides and bottom of bowl with rubber scraper, until fluffy - about two minutes.

Sift flour, baking powder and salt together. Working quickly, add flour and milk alternately while beating at low speed for 2 minutes, scraping sides and bottom of bowl with rubber scraper. Stir in coconut.

Preheat waffle baker at a MEDIUM position. Using 1 cup batter, spread evenly over grids. Bake. Cool waffle. Cut in pieces and serve as cookies or cut in sections and serve with ice cream. MAKES 3-four-section waffles.

GINGERBREAD WAFFLES

2 cups sifted all purpose flour	3/4 teaspoon cinnamon
3/4 teaspoon double-acting baking powder	1/2 teaspoon salt
3/8 teaspoon soda	1/2 cup sugar
3/8 teaspoon ginger	1/2 cup fat

Sift together dry ingredients. Cut in fat until mixture is like cornmeal. Add 1/3 cup molasses, 1/3 cup buttermilk, and 1 egg. Beat until smooth. Brush waffle baker grids with olive oil. Proceed as for plain waffles.

APPLESAUCE BROWNIES

Melt over hot water 1/2 cup shortening and 2 squares unsweetened chocolate (2 oz.). Blend in 1 cup sugar, 2 eggs well beaten, 1/2 cup applesauce, 1 teaspoon vanilla. Sift together and stir in 1 cup flour, 1/2 teaspoon baking powder, 1/4 teaspoon soda, and 1/4 teaspoon salt. Fold in 1/2 cup chopped nuts (pecans). Brush waffle grids lightly with olive oil. Bake as for waffles.

lg
9/5/56
300 cc

The home agent gave an illustrated talk-demonstration on "Light in the Home" at the State 4-H Leaders Conference. This was a part of the six ring Merry-go-round on the 4-H Electric project. During this demonstrated talk the agent gave information on the requirements of good reading - study light - kind and size of bulbs; type, size, and shape of shades; height and location of bases.

The home agent took the pressure gauge tester to the Greenlee office and tested gauges for homemakers who brought them into the office. Publicity and dates this service would be available was made through the agent's newspaper column.

The home agent obtained the address of a company that will sell geared gauges for pressure canners. This information was given a Safford merchant who has stocked a supply of geared gauges for resale.

Others Who Assisted

Miss Grace Ryan assisted the home agent with the program by:

- 1- Planning with the home agent for the leader training lesson - "Making Better Use of Equipment".
- 2- Planning with the home agent for the illustrated demonstration on "Light in the Home" and lending the agent light bulbs and lamp shades to use during her talk.

Results

13 leaders from the four clubs attended the training meeting on "Making Better Use of Equipment.

8 leaders gave the equipment lesson to 50 homemakers who attended the the four club meetings.

The homemakers have a better understanding of the characteristics of metals used in making equipment - what to expect, how to care for them, and what to look for when shopping. They also discovered some uses for "little used" equipment and labor and time saving types of equipment.

Since the equipment lesson, questions on uses and which metals are best to get in equipment have been asked the agent by homemakers.

HOME FURNISHINGS

The lesson on "Repair of Furniture" was given to members of four clubs by their leaders during their March club meetings. The leaders also conducted special workshop meetings for all who were interested in making foot stools.

The half-day leader training meeting and two-day workshop on "Repair of Furniture" were conducted by Miss Grace Ryan, Home Furnishing Specialist, University of Arizona.

During the two-day workshop a foot stool was made. The leaders learned to use the different processes - bedding springs, tying, covering, padding, and covering uncountered during repair of furniture.

The following pictures show the various steps taken during the workshop: -



Miss Grace Ryan assisting Mrs. Jean Jones (Morenci Club) to bed and tie her springs.



Miss Ryan assisting Mrs. Ruby Sanders (York Club) with padding with moss.



Mrs. Jean Jones and Mrs. Edna Larremore
preparing padding for sides of springs.



Mrs. Edna Larremore (Clifton) fitting her
stool covering with the assistance of Miss
Ryan.

Miss Grace Ryan conducted a half-day training meeting for the leaders from each homemaker club on organizing their material and preparing for the lesson on "Repair of Furniture" to their homemaker group. Specific information was given on how to put the upholstering cover on a chair and other steps that differed somewhat from those on the stools. Each lady had an opportunity to discuss her own problems with Miss Ryan. Information and guides were given on selecting fabrics for upholstering. A kit of illustrative material was assembled and a schedule for its use was arranged.

The home agent arranged for the work shop and collection of materials needed for making the foot stools and assisted with the workshops. She prepared and sent out a letter of instructions before the workshop meetings.

The homakers refinished the legs of their foot stools, sewing cabinets, and furniture. Information of help was given through the leader training meeting held by Miss Grace Ryan and by leaders last October and November.

Information on the selection of fabrics, selection of furniture, special meetings, and repair of furniture were included in the home agent's weekly newspaper column and discussed during her weekly radio programs.

Assistance was given homemakers who called at the office, phoned, or wrote the agent. Bulletins were distributed. Further assistance was given through home visits with their problems.

Results

9 leaders from the four homemaker clubs attended the two-day workshop and half-day leader training meeting held by Miss Ryan. Two Duncan ladies - one LDS and one Baptist - who planned on attending the workshop were prevented by the heavy snow storm.

6 leaders gave the lesson on "Repair of Furniture" to 49 homemakers in the four clubs.

7 stools were made during the leader workshop. 5 footstools were made by other homemakers.

10 homemakers used the information gained during the "Repair of Furniture" lesson and workshops while repairing 13 pieces of furniture.

15 homemakers have refinished the wooden parts of 21 pieces of furniture. 3 floors were refinished.

Requests for bulletins and information of home furnishing problems have been brought to the home agent by homemakers.

The column and radio talks have helped homemakers know about the material and information available to them.

HEALTH AND SAFETY

A number of homemakers from Greenlee County attended the showing of the "Self Breast Test" in Safford by the Arizona Cancer Association on November 8. No information is available on the exact number from the county.

The lesson "First Aid in the Home", given as a part of the 1955 program, made the homemakers more conscious of this subject and the need for further information. Requests were made and plans set up to try to have the Red Cross First Aid Course - including Civil Defense during 1957.

COMMUNITY

Publicity

The home agent wrote 49 weekly newspaper columns and 66 news articles which were printed in the Greenlee County Copper Era - a weekly newspaper.

The column contained information of value to homemakers - on homemaking, club activities, canning dates and meetings, on workshops and meetings, bulletins and mimeographed materials available.

The home agent gave 15 weekly radio programs over Station KCIF. The 15-minute program was broadcasted at 11:15 A. M. on Saturday mornings. This was given each week from July 1 through November.

One radio program was given to interviewing the four homemakers about the Country Life program.

The home agent wrote 66 articles for the Greenlee County Copper Era. Information was given on standards for foods, clothing, and household arts to be entered in the county fair and special adult and 4-H meetings.

Throughout the year the home agent took pictures of special activities - both 4-H and adult. Some of these are included with this report. Some of the pictures were used with stories in the Greenlee County Copper Era weekly newspaper and the Arizona Farmer Magazine.

The County Homemakers Reporter wrote articles about county activities and meetings.

The reporters for the homemaker's clubs wrote articles about their meetings and activities for the Copper Era.

The York Homemakers and the Cowgirls and Cowboys 4-H Club held a community picnic honoring the new county agent and his family. The picnic was held at 6:00 P. M. in a grove near Apache Junction due to the club house being too small for the crowd. The home agent was invited and attended the family night picnic.

County Fair

Two meetings of the home economics fair superintendents and the home agent were held to plan for the homemakers and 4-H exhibits during the county fair. During the second meeting plans were set up so the three superintendents could carry on without the home agent on judging day while the agent was in Phoenix attending the 4-H workshop.

One radio program was given by the homemakers superintendents. They discussed plans for the county fair exhibits.

The home agent conferred with the county agent and carpenter in regard to changes desired by the fair superintendents.

Results

The weekly newspaper column seems to be widely read through the county. Requests for help have come from homemakers in the county. Many of these lead from their having read the Home Demonstration Agent's column.

Some homemakers are keeping scrap books of information clipped from the home agent's column.

Several times the home agent has been told when she met new people - "Oh yes, I see your picture when I read your column." She has been stopped on the street and during the county fair by people who recognized her by her picture, to discuss their homemaking problems.

The homemakers like the change in heading for the column from "For Homemakers" by the Home Demonstration Agent to one with her picture with the heading "Chatting" with the Home Demonstration Agent.

Very definitely the addition of the picture has helped more people know the home agent and seek her help.

The home agent has had requests for bulletins and mimeographed material from other communities and states from people who read her column.

The column is reaching two or three times as many people as her radio chats. Very few requests for help have come from the radio chats.

During the county fair the home agent had an opportunity to meet and chat with other homemakers from all parts of the county.

RECOMMENDATIONS

- 1- That the home demonstration agent visit homes and make more contacts, particularly in the out-lying areas of the county.
- 2- That notices of training meetings be sent to leaders and presidents of the LDS Relief Societies and the presidents of the Homemakers Clubs as well as to the leaders of the Homemakers Clubs.
- 3- That personal contact be made with work leader in the Clifton LDS Relief Society and find out what material and services she wants as help with their lessons.
- 4- That the Homemakers County Council meetings be held at a separate time from the program planning meeting. Suggestion - January or February for County Council meeting for business, May for County Achievement Program, September for program planning, and November for Council meeting for business and election of officers.
- 5- That the County Council be made up of executive officers and one or two voting delegates from each club with all members having the privilege of attending.
- 6- That more lessons be covered in two months instead of one.
- 7- That more work be done through group leader training and by leader conducted meetings.
- 8- That an effort be made to organize a homemaker club in Duncan and Franklin, or in each community.
- 9- That clothing construction work be continued through special meetings by leaders with minimum help possible from the home agent.
- 10- That greater effort be made to have every boy and girl complete their 4-H Club Work. This effort should be made throughout the year.
- 11- That effort be continued to gain the interest and cooperation of parents and people in the communities.
- 12- That a clothing construction class be held for homemakers in the Duncan-Franklin area.

OUTLOOK

The York Club needs encouragement and assistance in stabilizing its membership and getting a larger attendance at meetings.

The Clifton Club needs more assistance in understanding the extension program, what it involves, the services and assistance available, and its responsibility in carrying on the program if the members wish to continue as a homemakers group.

There will be three 4-H Clubs, and possibly a fourth, organized in the Duncan area this year.

Five 4-H Clubs have reorganized for this coming year.

Homemakers in the Duncan-Franklin area are quite anxious to obtain further assistance with their clothing construction problems.

Plans are under way for leaders trained during the "Better Dress" project to assist with the conducting of workshops on "Modern Methods of Clothing Construction". One leader started a group of seven homemakers in November.

The home agent plans to spend definite days in the Greenlee office and in the Morenci-Clifton communities each month - 1st Tuesday and 4th Wednesday in Duncan, 4th Thursday in Morenci and evening of 4th Wednesday. Other days will be spent in Greenlee County.

Publicity will be made through the home agent's column as to other days in these communities.

SUMMARY OF HOME ECONOMICS 4-H CLUB WORK

ORGANIZATION

Clubs were organized last fall for year-around club work.

There were six clubs organized for home economics 4-H Club Work in four communities. One of the clubs was a community club carrying both home economics and agriculture project work

There were 48 girls enrolled in the six clubs. 36 completed their 4-H work. One of the six clubs had a 100 percent completion.

Eight ladies assisted as club leaders and two club members assisted as junior leaders during the year.

The home demonstration agent visited the clubs and gave assistance as needed.

Further assistance was given leaders and members through home visits, office calls, and phone calls by the home agent.

From time to time the home agent sent out informational letters to club leaders and to members about organization, project work, county contests, camp, finish-up, and county fair exhibits.

The home agent arranged for and conducted the county home economics 4-H demonstration contests and judging contests early in May in the Greenlee Extension Office.

5 girls (1 senior, 4 juniors) participated in the demonstration contest by giving 1 team and 3 individual demonstrations.

4 junior girls participated in the judging activities.

Achievement and Finish-up

Two 4-H Achievement Days were held in the county - one in Stargo for the Morenci Clubs and one in Duncan for the Duncan and York Clubs.

Morenci 4-H Achievement

Food and Clothing project exhibits were entered by the 4-H girls and judged during the afternoon of August 16 by Mrs. Cressa Nelson and the home agent. Mrs. Nelson is leader of the Thatcher Fashion Girls 4-H Club in Graham County. At 5:30 P. M. mothers of the girls came with a picnic supper. After the supper the clothing girls modeled their garments and the judging of exhibits was discussed by the judges.

Duncan-York 4-H Achievement

The Duncan-York Achievement was held in the Recreation Hall of the Duncan Methodist Church on August 24. Exhibits of foods, clothing, and room improvement 4-H projects were entered by club members in the

York Cowgirls and Duncan Wildkitten Clubs between 8:30 and 9:00 A. M. after which they were judged by Miss Jean Stewart, State Leader of Home Economics Extension Work. Leaders and junior leaders of these clubs assisted by helping the girls register and enter their exhibits. Record books were turned in to the home agent by the leaders and junior leaders. Since there were no demonstrations to be given, the agent had an opportunity to check over the records with some of the girls and their leaders. Work done, but not recorded, was added. Suggestions were given on ways the reports could be made more complete, more valuable, and attractive.

Mothers attended the afternoon program which began at 2:00 P. M. The flag service was led by a member of the Duncan Wildkittens. Group singing was led by Miss Jean Stewart and accompanied by Barbara Barney of the York Cowgirls at the piano. The clothing girls modeled their garments and were introduced by their leaders. The new county agent, his wife, and two daughters were introduced. Each girl then introduced her own mother. Miss Stewart discussed the exhibits and gave suggestions for improving the products and displays. After adjournment, pictures of the club members and their leaders were taken by the home agent.

The home agent planned with the 4-H leaders for these Achievement Days.

Letters were sent out to each club leader and club member giving information about plans for the achievement programs and finishing up of club work for the year.

Home visits were made to the home of one club leader and assistance given by the agent on records and 4-H finish-up.

The 4-H project books and records were checked by the home agent and completion report made. She contacted members who hadn't completed their records and had information added where the work had been done.

Leader's Council

The 4-H leaders - both home economics and agriculture were organized with their own officers. It was composed of adult and junior leaders. This group made plans for and carried out such activities as observance of National 4-H Club Week, a stand at the county fair. This group held 3 meetings during 1956.

The home agent met with the county agent and four 4-H Club leaders and assisted them in planning the programs for the quarterly meetings of the Greenlee County 4-H Council during 1956.

County Fair

Due to the 4-H clothing workshop the agent was unable to assist with cleaning of exhibit space and activities on judging day. This work was done under the supervision of one club leader and junior leader.

The agent spent Saturday noon to Monday morning at the county fair. Assistance was given, as needed, in the 4-H food stand. Equipment - two two-burner gas plates and tubing borrowed from a Safford business - was returned by the agent. Articles to be sent to State Fair were transported to the extension office. Since the agent had to get back to Safford for a training meeting, the state fair exhibits were packed and entry blanks mailed by the office secretary.

CLOTHING

40 girls were enrolled in Clothing projects in four clubs - 11 in Clothing I, 18 in Clothing II, 5 in Clothing III, 5 in Clothing IV, and 1 in Unit V.

28 of the 40 girls completed their project work - 7 in Clothing I, 15 in Clothing II, 3 in Clothing III, 2 completed IV, and 1 in Unit V.

The Clothing girls in the Duncan Wildkitten Club led by Mrs. Albert Williams and Mrs. Bruce Miller:



No leader training meetings were held. One was scheduled, but the date had to be cancelled.

The home agent gave special help to each leader and the Clothing IV girls with their construction and demonstration problems through home visits and office calls.

The home agent attended the four-day 4-H Clothing Workshop in Phoenix conducted by Miss Helen Church, Clothing Specialist, University of Arizona, and by the home economist for the Singer Sewing Machine Company.

The home agent gave extra training to the following three girls who went to the State 4-H Roundup as the Junior Clothing Judging Team from the Duncan Wildkitten Club:



Gwen Kennedy, Manda Moffett, and Arlena Brown. Gwen and Arlena were unable to judge because of a conflict with their demonstration contest. Manda Moffett tied with another girl as the high point individual junior Clothing judge.

The Morenci 4-H Stars held a work meeting to make their sewing cabinet with the assistance of their fathers. Seven fathers and three mothers were present to assist their daughters.

The home agent attended the work meeting of the Morenci 4-H Stars. She gave some assistance with the construction and took flash pictures of each group during different stages of the construction.

The following are some of the pictures taken. Others are included in the County 4-H Report.



Mr. and Mrs. Wm. Cox and daughter, Sandra.
Mrs. Cox was leader of the Copperette Foods I
Club.





Mrs. Flora Munkres, leader of the club,
assisting Emily Godbey whose parents
couldn't come.



Betty Barney, Junior Leader for the York
Cowgirls, shows other club members how to
lay a pattern on plaid material.

Members of the York Cowgirls with their
leaders, Mrs. Mattie Foote and Mrs. Ruby
Sanders.



Girls exhibiting during the county achievement program and their ratings --

Morenci Stars -

Geraldine Allen	- blouse - red; skirt - white; garment protector - white
Betty Hackney	- blouse - blue; skirt - blue; garment protector - red
Emile Godbey	- blouse - white; skirt - white
Joyce Morgan	- blouse - white; garment protector - white
Irene Velasquez	- blouse - white; skirt - white
Sandra Cos	- blouse - white; skirt - white

Cloverettes -

Barbara Cooper	- sewing box - blue; mitt - red
Shirley Cooper	- sewing box - red; mitt-white; apron-white; bag-white
Carolyn Moyer	- sewing box - red; mitt-red; apron-blue; bag-red
Virginia Patterson	- sewing box - blue; mitt-white; apron-red; bag-white
Karen Smith	- sewing box - blue; bag - red

York Cowgirls -

Dorothy Bellamy	- garment protector-red; skirt-blue; blouse-red
Sandra Foote	- garment protector-red; skirt-blue; blouse-blue
Lorraine Frazier	- garment protector-red; skirt-red; blouse-red
Janette Barney	- cotton dress - blue; shirt-blue
Betty Barney	- party dress - blue; slip - blue
Barbara Barney	- yeast rolls - blue

Duncan Wildkittens -

Sharon Merrell	- sewing box-blue; mitt-blue; apron-red; bag-blue
Vernis Campbell	- blouse-red; skirt-red; garment protector-red
Margaret McEuen	- blouse-red; skirt-red
Sandra Smith	- blouse-blue; skirt-blue; garment protector-blue
Arlena Brown	- skirt-blue; cotton dress-blue; extra blouse-blue
Annette Lunt	- skirt-red; skirt-red
Manda Moffett	- semi-tailored dress - blue
Carolyn Smith	- semi-tailored dress-blue; wescott-blue; pressing cushion - blue

FOODS

20 girls were enrolled in food projects in 3 clubs. 11 girls in Foods I, 7 in Foods II, 1 girl in Foods III, and 1 in Goods IV. 5 girls were enrolled in food preservation.

The Duncan Wildkitten Foods I and II Club
led by Miss Martha Clayton and Junior Leader,
Roberta Stratton.



15 of the 20 girls in food projects completed their project work.

No leader training meetings were held. The agent conferred with the leaders from time to time and gave assistance as needed.

The home agent planned for and held a contest for all girls who wished to try out for roundup demonstrators. Mrs. Martha Chapman, Safford, served as judge. Selections were made for the girls to demonstrate at roundup by the judge.

Mrs. Chapman gave criticisms and suggestions to each demonstrator and help for her improvement.

The team demonstration was later changed to an individual dairy foods demonstration after one girl couldn't go to roundup.

The home agent gave assistance to the food preparation demonstrator with her demonstration after her school was out.

Roundup

Greenlee County was represented at the State 4-H Roundup by:

Roberta Stratton giving a senior individual dairy food demonstration -- "Making Cheese Dips and Spreads" -- red ribbon.

Gwen Kennedy - junior individual dairy food demonstration -- "Making White Sauce" -- no rating.

Manda Moffett - junior individual food preparation demonstration -- "Making a Vegetable Salad Plate" -- blue ribbon. The following is her picture taken at the county contest:



Arlena Brown - junior individual food preservation demonstration -- "Preparation of Chicken for Freezing and Frying" -- red ribbon.

All four girls are members of the Duncan Wildkitten 4-H Club.

Miss Martha Clayton, leader of food projects for the Duncan Wildkittens, attended the State 4-H Roundup and assisted with looking after the girls. She was a first year leader and now feels that she can be of more help to her girls next year.

Girls exhibiting during the county achievement program and their ratings:

Copperettes --

Sandra Cox -- hard cooked eggs - red
Irene Estes -- biscuits - red; custard - red
Joyce Morgan -- biscuits - red
Shirley Cooper -- red

Duncan Wildkittens --

Margaret McEuen -- oatmeal cookies - blue
Carolyn Smith -- biscuits - blue
Kay Sanders -- biscuits - red
Arlena Brown -- plain muffins - blue; jelly - blue
Annette Lunt -- whole wheat muffins - blue; canned vegetable - blue
Sandra Smith -- oatmeal cookies -
Roberta Stratton -- plate of party sandwiches and desserts - blue
Manda Moffett -- canned vegetable - blue

ROOM IMPROVEMENT

10 girls in the Duncan Wildkitten Club carried room improvement projects. The following is a picture of the club with their leader, Mrs. Martha Coon:



8 of the girls finished their projects.

Girls exhibiting during the county achievement program and their ratings :

Duncan Wildkittens --

Arlena Brown -- dresser scarf - blue; pillow cases - blue

Martha Ewing -- dresser scarf - red; framed picture - red

Gwen Kennedy -- scarf - red; storage item - blue

Carol Kirkpatrick -- scarf - blue; framed picture - blue;
dusting mitt - blue

Annette Lunt -- scarf - blue; room arrangement - red

Manda Moffett -- scarf - blue; framed picture - red

Kay Sanders -- scarf - red; framed picture - red

Carolyn Smith -- scarf - blue; storage item - red;
dusting mitt - blue

Sylvia Van Gundy -- scarf - blue; framed picture - blue;
dusting mitt - white

COMMUNITY ACTIVITIES

The York Cowgirls cooperated with the York Cowboys 4-H Club and Homemakers Club in adding to and improving the club house - a project started a few years ago.

The following is a picture of the Cowgirls hanging curtains which they made:



The Duncan Wildkittens cooperated with the Duncan Wildkats with continuing their community park project. Roadside tables were added.

The Morenci 4-H Stars continued their project of collecting magazines for their local hospital.

The (Stargo) Copperettes collected old nylon hose and sold them for contribution to their charity project.

The 4-H girls exhibited articles which they had made at the county fair. Blue ribbon articles were sent to the state fair for judging and exhibit.

NEWSLETTERS

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA

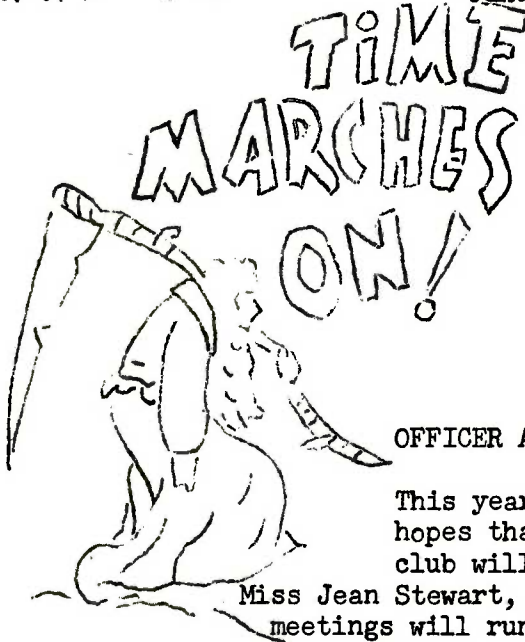
University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Graham County Cooperating
U. S. D. * .

Safford

Agricultural Extension Service
Home Demonstration Work
County Agent Work

January 5, 1956

January 1956 *** Newsletter #1



A New Year by the Calendar!
A New Year for our Program.

Where are we going during 1956?
What are we going to accomplish?
How are we going to do it?

When?

OFFICER AND LEADER TRAINING MEETINGS

This year there is to be two -- one in each county in hopes that every officer and leader in each homemaker club will be present as well as County Council Officers.

Miss Jean Stewart, state leader will be with us each day. The meetings will run from 10:00 A.M. to 3:00 P.M.

JANUARY 25 in Greenlee County

JANUARY 26 in Graham County

Make plans now to attend this training meeting in your county. A reminder and notice will be sent to each officer and leader giving place.

MARK THE DATE NOW! If you don't receive the notice - then make inquiry as to the place. Let's resolve to be present.

FEBRUARY HOMEMAKERS' LESSON is on "Casserole Meals" with information on serving buffet style.

The LEADER TRAINING MEETING WILL BE HELD FROM 10:00 A.M. to 3:00 P.M.

FEBRUARY 2 - at 830 $\frac{1}{2}$ Seventh Street, Safford

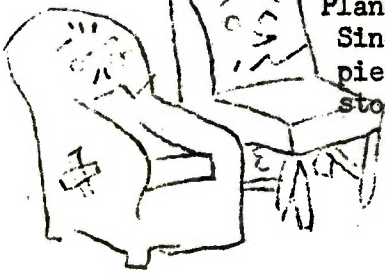
FEBRUARY 3 - York Club House, south of the
3-way drive

Mildred O Eaton

MILDRED O. EATON
Home Demonstration Agent
Graham and Greenlee Counties



RE-UPHOLSTERING WORKSHOP



Plans are as follows:

Since it would mean a 5-day workshop if each lady brought a piece of furniture, we have decided for her to make a footstool. In this way she can complete her footstool during the 2-day workshop.

The footstool will have springs, padding, etc. -- most of the problems found in your over-stuffed furniture.

A wooden frame should be made and brought with you to the meeting the first morning. I will get other supplies needed for which a charge will be made.

The box or frame should be 15"x18"x3" in size. Made from at least 1/2" thick lumber. Directions for making will be sent to those who register for the workshop. A model of the two boxes - one with wooden bottom and one with webbing bottom - are in our Safford Office. I will carry these with me to homemaker club meetings during January.

Since there is a limit to the number we can handle at this workshop, get your registration in to me right away - by returning the enclosed form or by sending a postcard with the information needed. **FIRST REGISTRATIONS** will get to **ATTEND**.



If there aren't enough register for the workshop, it will be cancelled. So! **SEND YOUR REGISTRATION TO ME BEFORE JANUARY 13.**

REGISTRATION FOR RE-UPHOLSTERING WORKSHOP

Name _____ Address _____

Do you wish to put your springs on wood or on webbing? _____

Check dates you plan to attend:

Greenlee County -- February 7 and 8 _____
Graham County -- February 9 and 10 _____

What is your problem? What is the piece of furniture? What repair or upholstery does it need?

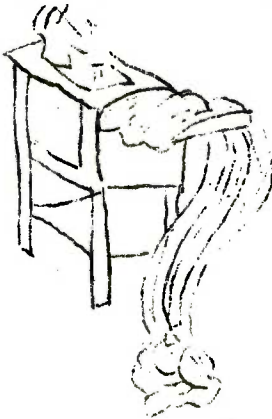
PROPAGATION OF PLANTS:

Due to the fullness of our program for 1956 this meeting is being held until later. Therefore, may I suggest to those of you that wanted this information that you attend the following meetings:

February 9th - all day - on Landscaping the Home Grounds

February 10th - morning - "Pruning Roses" the home of Doyle Humphries
811 11th St. Safford

afternoon on "General Pruning" - watch Mr. Sears' column for the place; both meetings will start at 10:30 A.M. Mr. Sears will be glad for you to come to these meetings. Mr. Harvey Tate, horticulturist, University of Arizona, will conduct the meetings. You can ask him questions on propagation or any other problems you have.



SPECIAL CLOTHING WORKSHOPS

Several homemakers have requested assistance with their sewing problems. We need to know who and what kind of help is needed before we can plan and set up meetings.

If you would like assistance with your sewing problems, to learn more about construction, patterns, fitting, etc. and would like to get in on one of these workshops, FILL OUT the enclosed slip and RETURN it to me before JANUARY 13th.

REGISTRATION FOR CLOTHING WORKSHOPS

NAME: _____ ADDRESS: _____

Check choice of the following for which you would like to participate----

- Beginning Sewing
- Children's Garment
- Modern Construction Methods

Give comments on what you want to learn and do during this workshop. List. Be specific.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Graham County Cooperating

Safford

Agricultural Extension Service
Home Demonstration Work
County Agent Work

January 24, 1956

Dear Homemaker:

The Re-upholstering work will be held from 9:30 to 3:00 P.M. as follows:

February 7 and 8 - over the Coronado Cafe in Clifton

February 9 and 10 - in the basement of the Safford Methodist Church

Before coming to the first workshop day, you will need to have the frame for the footstool made - Size 15" x 18" x 3".

1. Make it from lumber that is at least one-half inch thick
2. If you want it to be a hassock height, use a board wider than the 3 inches. The width depends on height desired and whether legs are to be used or not
3. Brace with pieces of board diagonally across each corner. Nail braces $1\frac{1}{4}$ inches from top of frame. Angle irons may be used instead of wood for braces.
4. You will need a piece of plywood $14\frac{1}{2}$ " x $17\frac{1}{2}$ ". The springs will be attached to this board
5. To make the legs for the footstool -- nail together four blocks of wood, as follows: one $1\frac{1}{2}$ " square on a 2" square onto a $2\frac{1}{2}$ " so that two sides form steps and the other two sides are smooth. The fourth square ($1\frac{1}{2}$ inch) will go on top of the large square. Location will depend upon thickness of board used in the frame. This can be nailed on at the workshop.

If you plan to use webbing, you won't need the braces (point number 3) or plywood in #4. You won't be able to have a hassock since the frame will have to be made from wood that is no wider than the 3 inches.

In selecting the fabric for the cover will you keep the following points in mind:

1. Firm weaves with no long loose threads
2. Small designs are preferable because of size of article
3. Fabrics of two separate tones, can be used -- that is, a figured top and a plain boxing or side, if such an article fits into the color scheme of your room
4. Fabric should pick up some color already in the room
5. Can use stripes and checks, if not too bold in design.

It is hard to say just how much material to buy, because it somewhat depends on your frame box, cording, etc. The calculation given below is based on a cover piece 22" x 24", and 65 inches of boxing from 6 to 9 inches wide.

If material is 36" wide get one yard of material

If 42" material - get $2\frac{2}{3}$ yard

If 54" material - get $2\frac{2}{3}$ yard (this is required because of the 22" dimension regardless of width of cloth)

NOTE: These amounts do not include wide (3") bias for a trim. If bias is desired an added $1\frac{1}{3}$ yard should give a band without too many piecings.

SUITABLE FABRICS FOR STOOL:

Denim	Cotton Damask	Cotton frieze
Cotton tweeds	Repp	Pebble cloth
Novelty drapery cottons (small designs)	Drapery sateen (heavy)	Ticking
Monk's cloth (firm weave)	Pebble cloth	Light weight tapestry

BRING TO THE WORKSHOP (the first day) the following materials and supplies:

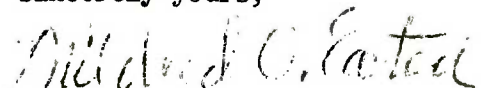
Frame for footstool or hassock - already made
1 gunny sack or heavy feed sack to put over springs
1 unhemmed flour sack or a piece of muslin or other plain material equivalent in
size to sack - strong and clean
tape line=
scissors
small hammer
screw driver
fabric for outside covering of stool
1 spool heavy duty matching thread
Your copy of C-136 "Furniture Repair" - if you have a copy

We will have other supplies needed, such as springs, padding, moss, tacks, etc.
You can pay for these supplies that you use.

If you plan to use foam rubber for padding you will have to supply this yourself.
If you haven't already done so, you should see the box frame for the stool
which I have here in the office. Drop in and see it before you try to nail
your frame together.

If you find you cannot attend this workshop, I will appreciate it if you will
let me know. There are others who would like to attend, if there is room for
them.

Sincerely yours,



MILDRED O. EATON
Home Demonstration Agent
Graham and Greenlee Counties

MOE: lg
cc: 50

COOPERATIVE EXTENSION WORK IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
Duncan

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Greenlee County Cooperating

Agricultural Extension Service
Home Demonstration Work
County Agent Work

SEPTEMBER - OCTOBER NEWSLETTER
1956

Dear Homemaker:

The Greenlee County Homemaker's COUNCIL MEETING will meet Thursday, September 27,
in the Morenci Legion Hall.

Registration ----- at 11:30 A. M.

Pot-luck Dinner ---- at Noon

Clifton Homemakers are to bring Salads

York Homemakers are to bring Desserts

Plantsite Homemakers are to bring Vegetables

Morenci Homemakers are to bring Meat (Bread, coffee, tea, cool-ade will be
furnished)

Bring your own table service.

After dinner the Council will hold their business meeting and election of officers.

Remember, your attendance will help your club achieve points toward the achievement
certificate.

COUNTY PROGRAM PLANNING

The County Program Planning Committee will meet the morning of September 27 at 9:30 a.m.
in the Morenci Legion Hall. Selection will be made of lessons and activities for
the coming year.

This committee is made of four ladies from each homemaker's club. If you are one
of these ladies be sure to attend this meeting or arrange for a substitute. Your
club has four votes on the program.

Information gained by the club's program planning committee on the check sheets will
be used as a guide in selecting program lessons and activities. Be sure and check
one of these lists and give it to your program committee so your desires are con-
sidered. YOU HAVE A VOICE IN SELECTING THE 1957 PROGRAM THROUGH YOUR PROGRAM
COMMITTEE -- SO CHECK A SHEET.

LEADER TRAINING MEETING:

For the lesson -- "PREPARATION OF COOKED AND BAKED FOODS FOR FREEZING" -- will be
held during the afternoon of October 8th, from 1 to 4 pm, by Mrs. Larue Chapman.

For the lesson - Sandwiches - October 10th, 1 to 3 pm, with Mrs. Vivi Cox in Stargo.

For the lesson - SEWING CENTERS AND SEWING CABINETS - will be held October 30
10 am to 8 pm in the York Club House.

Sincerely,

Mildred O. Eaton

Mildred O. Eaton
Home Agent

MOE:fs
cc: 100

COOPERATIVE EXTENSION WORK IN
AGRICULTURE AND HOME ECONOMICS

State of Arizona
Duncan

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Greenlee County Cooperating

Agricultural Extension Service
Home Demonstration Work
County Agent Work

October 1, 1956

Dear Foods Leader:

The leader training meeting for the lesson --- "Preparation of Cooked and Baked Foods for Freezing" -- will be held October 8th from 1 to 4 P. M. by Mrs. Larue Chapman.

This meeting will be held at the University Experimental Farm in Lone Star, just east of Safford. Turn south at the radio tower, cross the road, on south to the first lane turning left. This leads up to the Chapman home and the Experimental Farm Office.

Since this is in a home a limited number of your members who are interested may attend if they wish.

The alternate lesson for Greenlee County is one on Sandwiches since two clubs preferred this lesson to one wanting the yeast bread lesson.

The leader training meeting for this lesson on Sandwiches will be held at the home of Mrs. Vivi Cox in Stargo on October 10th from 1 to 3 P. M.

Sincerely,



Mildred O. Eaton
Home Agent

MOE:fs
cc: 15

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Graham County Cooperating

Safford

Agricultural Extension Service
Home Demonstration Work
County Agent Work

January 24, 1956

Dear Homemaker:

The Re-upholstering work will be held from 9:30 to 3:00 P.M. as follows:

February 7 and 8 - over the Coronado Cafe in Clifton

February 9 and 10 - in the basement of the Safford Methodist Church

Before coming to the first workshop day, you will need to have the frame for the footstool made - Size 15" x 18" x 3".

1. Make it from lumber that is at least one-half inch thick
2. If you want it to be a hassock height, use a board wider than the 3 inches. The width depends on height desired and whether legs are to be used or not
3. Brace with pieces of board diagonally across each corner. Nail braces $1\frac{1}{4}$ inches from top of frame. Angle irons may be used instead of wood for braces.
4. You will need a piece of plywood $14\frac{1}{2}$ " x $17\frac{1}{2}$ ". The springs will be attached to this board
5. To make the legs for the footstool -- nail together four blocks of wood, as follows: one $1\frac{1}{2}$ " square on a 2" square onto a $2\frac{1}{2}$ " so that two sides form steps and the other two sides are smooth. The fourth square ($1\frac{1}{2}$ inch) will go on top of the large square. Location will depend upon thickness of board used in the frame. This can be nailed on at the workshop.

If you plan to use webbing, you won't need the braces (point number 3) or plywood in #4. You won't be able to have a hassock since the frame will have to be made from wood that is no wider than the 3 inches.

In selecting the fabric for the cover will you keep the following points in mind:

1. Firm weaves with no long loose threads
2. Small designs are preferable because of size of article
3. Fabrics of two separate tones, can be used -- that is, a figured top and a plain boxing or side, if such an article fits into the color scheme of your room
4. Fabric should pick up some color already in the room
5. Can use stripes and checks, if not too bold in design.

It is hard to say just how much material to buy, because it somewhat depends on your frame box, cording, etc. The calculation given below is based on a cover piece 22" x 24", and 65 inches of boxing from 6 to 9 inches wide.

If material is 36" wide get one yard of material

If 42" material - get $2\frac{2}{3}$ yard

If 54" material - get $2\frac{2}{3}$ yard (this is required because of the 22" dimension regardless of width of cloth)

NOTE: These amounts do not include wide (3") bias for a trim. If bias is desired an added $1\frac{1}{3}$ yard should give a band without too many piecings.

SUITABLE FABRICS FOR STOOL:

Denim	Cotton Damask	Cotton frieze
Cotton tweeds	Repp	Pebble cloth
Novelty drapery cottons	Drapery sateen (heavy)	Ticking
(small designs)	Pebble cloth	Light weight tapestry
Monk's cloth (firm weave)		

BRING TO THE WORKSHOP (the first day) the following materials and supplies:

Frame for footstool or hassock - already made
1 gunny sack or heavy feed sack to put over springs
1 unhemmed flour sack or a piece of muslin or other plain material equivalent in size to sack - strong and clean
tape line=
scissors
small hammer
screw driver
fabric for outside covering of stool
1 spool heavy duty matching thread
Your copy of C-136 "Furniture Repair" - if you have a copy

We will have other supplies needed, such as springs, padding, moss, tacks, etc.
You can pay for these supplies that you use.

If you plan to use foam rubber for padding you will have to supply this yourself.
If you haven't already done so, you should see the box frame for the stool which I have here in the office. Drop in and see it before you try to nail your frame together.

If you find you cannot attend this workshop, I will appreciate it if you will let me know. There are others who would like to attend, if there is room for them.

Sincerely yours,



MILDRED O. EATON
Home Demonstration Agent
Graham and Greenlee Counties

MOE: lg
cc: 50

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Graham County Cooperating

Safford

Agricultural Extension Service
Home Demonstration Work
County Agent

October 19, 1956

DEAR LEADER:

The Leader Training meeting for the lesson "Sewing Centers and Cabinets" will be held October 31, from 9:30 A.M. to 3:00 P.M.. Miss Helen L. Church, Extension Clothing Specialist from the University of Arizona, will be with us. The meeting will be held in the basement of the Safford Methodist Church.

Will you please bring the following supplies with you?

Pencil
Paper for note taking
Newspapers to cover tables
Small glass jars with lids to go on top
Hammer
Screw driver - medium size
Piece of fabric (1/4 yard) to use for pocket
The enclosed leaflet

I'm enclosing a copy of the bulletin for your reference. I will purchase additional supplies, boards, nails, screws, hooks, etc. needed, for one cabinet for each homemaker club. This material will cost approximately three dollars.

During the training meeting two leaders will work together to make one cabinet.

Does any one of you have a Yankee drill which could be used during our meeting? If so, will you let me know right away?

Sincerely yours,

Mildred O. Eaton

MILDRED O. EATON
Home Agent
Graham and Greenlee Counties

Enclosure
MOE:lg
Mailed under stamp
cc: 25

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Graham County Cooperating

Agricultural Extension Service
Home Demonstration Work
County Agent Work

November 27, 1956



CHRISTMAS will soon be here - and it will be
followed by NEW YEARS

Which brings us to our 1957 program

The 1957 Program includes plans for workshops on MODERN METHODS OF CLOTHING CONSTRUCTION. Each workshop, so far as possible, will be set up with ladies of equal sewing experience. The number of workshops set up will depend on the number of leaders who will help to conduct them, time of the home agent available, and the number of people who enroll. These workshops will be held during February and March.

In order to organize and complete plans for the workshop we need an enrollment.

If you plan and wish to participate in one of these workshops, will you fill out the enclosed enrollment card and return it to me within a few days: BEFORE DECEMBER 7th. Please give information needed on the enrollment card.

* * *

1957 PROGRAM FOR CLUB MEETINGS

JANUARY - Select leaders, organize and fill out program booklets

FEBRUARY - "Understanding Color and Its Use" - I will be with your club for this lesson

Sincerely yours,

Mildred O. Eaton

MOE:lg
Mailed under stamp
cc: 250

MILDRED O. EATON
Home Agent
Graham and Greenlee Counties

ENROLLMENT for CLOTHING WORKSHOPS

I wish to enroll in a class (meeting 5-6 times) in "Modern Methods of Clothing Construction".

	Yes	No
Do you sew for yourself?	<u> </u>	<u> </u>
Do you sew for your children?	<u> </u>	<u> </u>
Do you sew for the men in your family?	<u> </u>	<u> </u>

List kinds of garments that you make

I don't sew, but I would like to learn: _____

NAME _____
ADDRESS _____
DATE _____

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA

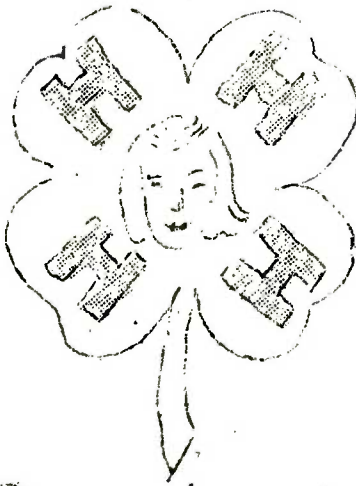
University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Graham County Cooperating

Safford

Agricultural Extension Service
Home Demonstration Work
County Agent Work

April 7, 1956

4-H ROUND UP is June 5 to 9 on the Campus of
the University of Arizona



Round-up Plans

During the meeting of home economics 4-H leaders plans for selection of delegates to participate in Round-up activities were discussed. It was decided to:

1. Hold selection contests in April for eligible 4-H girls who are interested in going to Round-up
2. Hold county contests for all home economics 4-H members during the last of July or early August. At that time each girl will be expected to exhibit.
3. Leaders are to notify me by the middle of April as to the activities that her girls plan to enter, so that I can set up judging rings for them and not for rings where no one plans to enter.

The following dates were set up for
DEMONSTRATION CONTESTS:

Graham County - April 18 - place to be
announced later
Greenlee County - April 28 - registration
at 9:30 A.M. - in the meeting room of the
County Extension Office

Eligibility for State Round-up

1. 4-H'er must have passed her 12th birthday by January 1, 1956. (Juniors are 12 and 13 years of age; seniors are 14 years and older)
2. She must have completed at least one year of 4-H club work
3. Home Economics Demonstration and Judging contestant must have carried project work this year in field in which she is competing.

DEMONSTRATIONS - for juniors and for seniors

Food Preparation
Food Preservation
Dairy Foods

Clothing
Home Furnishings
Baking (for senior only)

Our county can send one individual and one team in each of the above 5 fields (baking excluded) for junior and for senior.

If one member of the team is a junior and the other a senior, they will be classified as a senior team.

No member can give a demonstration which is the same as the one she gave in past years at Round-up

Demonstrations are limited to 20 minutes. Time will be counted from the time the demonstrators introduce themselves until the question period starts. Those

who run overtime will have one point deducted from their scores for each minute of overtime. Demonstrator will be penalized if others help set up equipment or in any way coach from the sidelines during the demonstration.

Demonstrators should give the judges an opportunity to ask questions. Demonstrators are not responsible for answering questions of others in the audience unless the question has been referred to the judges and they ask the demonstrator to answer them.

All demonstrators are expected to supply their own equipment and supplies. They are expected to remove all of their equipment from the demonstration area at the conclusion of the demonstration and to leave the area clean.

Posters, charts, sample products used in the demonstration must be prepared by the demonstrators.

A demonstrator's costume should be clean and well-pressed. The demonstrator should be well groomed. Girls are urged to wear crisp cool cottons.

HOME ECONOMICS JUDGING CONTESTS

Juniors and Seniors will give oral reasons on one ring and seniors will give written reasons on one ring of the following classes: (no information is available as to which rings will be written, oral, or placing)

CLASS	JUNIORS	SENIORS
I - Food Preparation Judging Rings	Muffins Biscuits Choosing Good Foods (menus) Table setting	Yeast rolls Cake, butter - no icing *Shopping for meat Table service
II - Food Preservation Judging Rings	Selection Fruit or Tomatoes for canning Canned Fruit or Tomatoes Equipment for canning (water bath) or freezing Labelling (labeled jars)	We don't have any seniors enrolled in this project
III - Clothing Judging Rings	Apron Blouse and skirt Dress - 4-H made Equipment - (scissors, pins, needles, etc.)	Accessories Dress - 4-H made Ready-made dress Fabric and findings
IV - Home Furnishings Judging Rings	*Color (simple principles) Dresser scarf Dusting mitten Tape framed picture	No one enrolled

*SHOPPING FOR MEAT RING - a piece of meat will be exhibited with information giving grade, cut, inspection and four methods of cooking. Contestant will select which method of cooking is best for that piece of meat.

**COLOR RING - will include 4 curtains and dresser scarf

JUDGING CONTEST REGULATIONS

Judging teams will be composed of 3 members. If any one member of a team is a senior, the entire team will be classified as a senior team.

SENIOR DRESS REVUE

1. SCHOOL OUTFIT -- of cotton, wool, rayon, blended fabric, or other suitable fabric. This includes such garments as one-piece dress or two-piece outfits.
2. ACTIVE SPORTS OUTFIT -- of cotton, wool, rayon or other suitable fabric. These complete outfits may be for working inside or outside. Examples are: slacks with blouse, or western shirt and frontier pants, or two or three piece combination play suits including a skirt.
3. DRESS OUTFIT -- a street length one or two-piece dress of cotton, wool, rayon, silk, blended fabric, or other suitable fabric for school parties or other social events.
4. TAILORED OUTFIT -- of wool or other suitable materials. This includes such garments as tailored dresses, suits, dress ensembles, or coat and dress.
5. PARTY DRESS -- A ballerina or floor length dress and slip for special occasions. This outfit may be of cotton, rayon, silk, blended fabrics, or other suitable fabric.

Selection of undergarments and accessories, and their effect on the costume will be considered by the judges. Cotton school dresses do not require hat and gloves. The accessories would be those that you actually wear to school.

We may enter one contestant from our county from each of the above 5 classes.

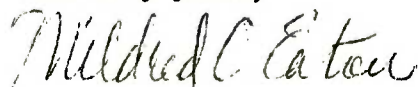
Each contestant must be a regularly enrolled clothing club member during the current year and must have completed at least 3 years of clothing club work. All contestants must be at least 14 years of age on January 1, 1956.

Each contestant must have made the costume she will model.

4-H TALENT

For the first time, 4-H members who meet the age requirements, may attend Round-up as a talent entry. There will be no limit on the number from each county, but all members must have an outstanding talent in some field such as vocal, instrumental, novelty or dance routines. Individual or group talent is welcomed. Both juniors and seniors may enter this activity.

Sincerely yours,



MILDRED O. EATON
Home Demonstration Agent
Graham and Greenlee Counties

MOE:lg
cc: 50

COOPERATIVE EXTENSION WORK
IN
AGRICULTURAL AND HOME ECONOMICS
STATE OF ARIZONA
SAFFORD

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Graham County Cooperating

Agricultural Extension Service
Home Demonstration Work
County Agent Work

June 19, 1956

LET'S GET ORGANIZED!

COUNTY HOME ECONOMICS ACHIEVEMENT

August 1956

4-H



It seems advisable to hold an achievement day and have each girl exhibit, and the exhibits be judged before County Fair because:

1. Fair is after the finish-up report is due in the state office and each girl must exhibit her work before she is an achievement member
2. Space for 4-H exhibits at the Fair allows room for a limited number of exhibits
3. All girls didn't exhibit at last year's fair
4. More recognition can be given the individual club member
5. Mothers and friends can better see what the girls have done.

Plans for the Achievement Program are still tentative. More definite plans will be sent out as soon as possible.

We are trying to get judges for August 22 and 23 or 23 and 24 -- one day for Greenlee and one for Graham County. Information will be gotten to you as soon as information is received. If one day is better (in each group) than the other let me know. I will follow your wishes as much as possible in deciding which day will be used by each county.

Plans are as follows:

The morning will be given to:

1. Demonstration Contest (encourage girls to participate by giving a team or individual demonstration -- for the experience and for their ribbon).
2. Judging of Exhibits - a list of exhibits are given elsewhere in this letter in food, clothing, and room improvement

The afternoon will bring a program composed of the Dress Revue of all garments made this year (1st year clothing girls will model their aprons), music, and a few of the outstanding demonstrations.

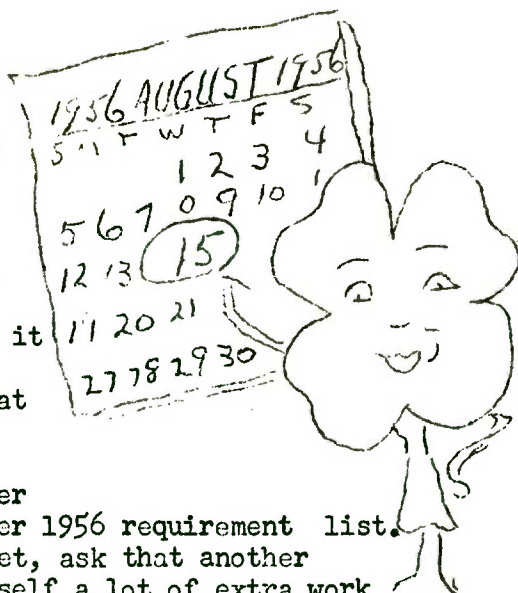
4-H LEADERS' CONFERENCE

The 4-H Leaders' Conference is to be held this year in Flagstaff, August 27-29. I hope that you will plan to go. Let me know of your interest so we can plan transportation. Junior Leaders, who have completed one year or more of Junior leadership are eligible to also attend. Our first year junior leaders should have completed this year's work by then, since their records should be in my hands by August 24th.

4-H FINISH UP

I'm suggesting that each 4-H girl complete her project record report or reports and TURN them in TO YOU BY AUGUST 15. You may ask for them sooner if you wish.

This will give you a week to check each record for completeness before turning them in to me. Also, if a girl hasn't completed her record or it shows she hasn't made all of the required products, you will have time to have her do what is needed.



This year let's be sure that each girl meets her achievement requirements, as per the green cover 1956 requirement list. (If you have misplaced your copy of this leaflet, ask that another be sent to you right away). You can save yourself a lot of extra work by checking now as to whether your girls are keeping their records and work up to date.

The record books should be turned in to me the day of the Home Economics 4-H Achievement Program.

I'm sure you and your club members will find it easier to get these records out of the way before school starts, besides it will help me get the county report made on time. My September schedule will be such that I will have to do this report early in September. I will appreciate the cooperation of you and your girls in helping me make this possible.

4-H FABRIC AVAILABLE

The 4-H fabric is here now. This material is white with the green four-leaf clover and 4-H on it. It can be obtained from the Safford J. C. Penney Store -- yardage department in the basement for 49 cents per yard. The Clifton store doesn't carry it. This is a special order.

Will you tell your club members about this material so that they can get the material for their shirts, blouses, skirts, dresses, etc. Several have indicated an interest in having some. Tell them that if they don't see it on display to ask for it. It is being held for 4-H club members.

See attached page on exhibits

Sincerely yours,

MILDRED O. EATON
Home Demonstration Agent
Graham and Greenlee Counties

MOE:lg
cc: 50
Mailed under stamp

EXHIBITS TO BE MADE ON HOME ECONOMICS 4-H ACHIEVEMENT DAY

CLOTHING

First Year

Sewing box - equipped
Pot holder mitt
Apron
Draw-string bag

Second Year

Garment protector=
Skirt
Blouse - sleeveless
Skirt Hnager

Third Year

Sport shirt - convertible collar
Skirt
Dress - cotton

Fourth year

Dress - semi-tailored
Wool Press cloth=
Pressing cushion
Dress - cotton

Fifth Year

Party dress
Party slip=
Mending done by machine
Article of clothing purchased

HOME FURNISHINGS

First Year

Dresser Scarf or set of scarves
Picture - framed
Storage item for dresser drawer
Dusting Mitt

First Year

Baking powder biscuits - 5
Hard cooked eggs - in shell - 2
Baked Custard - 1 custard cup

Second Year

Muffins - plain - 5
Muffins - whole wheat - 5
Cookies - oatmeal - 5
Cookies - peanut butter - 5

Third Year

Yeast Rolls - plain 5
Butter cake - by conventional method
unfrosted
Cake - decorated for Birthday Party
FOURTH YEAR: TO BE ARRANGED

FOOD PRESERVATION:

First Year

Tomatoes - by water bath - 1 pint
Fruit - by water bath - 1
Tomato Juice - 1
Fruit Juice - 1

Second Year

Vegetable - set of 3 different kinds by
pressure

Second Year

Pillow Slips - 1 pair
Pillow Protector
Room Arrangement - diagram ,before and
after

Each girl enrolled in Home Economics 4-H Club Work this year will be expected to EXHIBIT ONE OR MORE ARTICLES at our August Achievement Program. RIBBONS will be given on each Exhibit made by each 4-H achievement member.

Girls who will be gone on vacation or are ill should arrange from someone to bring their garment, article, or product. This should be included with a note from the girl telling why she was unable to attend.

Each girl should accompany her exhibit unless there's a good reason for her absence. Part of her club work is to attend an achievement program.

COOPERATIVE EXTENSION WORK IN
AGRICULTURE AND HOME ECONOMICS

State of Arizona

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Greenlee County Cooperating

Duncan
Aug. 8, 1956

Agricultural Extension Service
Home Demonstration Work
County Agent Work

Dear 4-H Club Leader:

By now all of the 4-H project work should have been completed and the project record books turned into you. Will you check them carefully with requirements for completion before turning them over to me. If a girl has failed to prepare or record some required article she can quickly do this before the 24th, and before you mark her "Complete".

After you have checked each girl's record with the achievement requirements, will you ---

- 1- Make a list of each of the girls enrolled in your club, with each of the projects carried this year by her. After each project (for each girl) write "Complete" or "Incomplete" which ever the case may be. If the girl has moved away - write "Moved" instead of "Incomplete".
- 2- Let me know if any of your girls cannot exhibit on August 24th -- that is for a justifiable reason, like away on vacation with her family, so I can help make arrangements for her exhibiting at another time. If possible I hope she can take her exhibit to Morenci on August 16 and exhibit with the girls there.
- 3- Turn in to me -- on or before Achievement Day ----
Project Record Books for each club member
Your sheet showing complete or incompleteness for each girl, each project.
Club's secretary book.

Since some of you have misplaced your sheet showing possible exhibit suggestions I am enclosing another copy. This is the same as for the County Fair.

The Achievement Day for the Duncan Wildkittens and York Cow Girls will be held Friday, August 24, in the Recreation Room of the Duncan Methodist Church.

Exhibits should be entered between 8:30 and 9:00 A. M. Demonstrations will start at 10:00 A. M. Record books should be turned in by 9:30 A. M. Dress Revue will be at 2:00 P. M. I hope all clothing girls will model their dress, blouse and skirt, or apron.

Girls do not have to demonstrate. I hope you will encourage outstanding girls who may want to try next spring for the state round-up. This will give them good experience, and better able to qualify next spring.

May I have information as to who plans on demonstration and what they will demonstrate as soon as possible. I would like to set up a tentative schedule, if possible before I come.

Feel free to write me if you have further questions or if I haven't made the above information clear.

Sincerely,

Mildred O. Eaton

Mildred O. Eaton
Home Agent

MOE:fs

bncl

Each girl should exhibit one or more of the following suggestions for the Project which she carried during 1956. (She may exhibit one of each.)

Clothing I

Sewing Box - equipped
Potholder Mitt
Apron
Draw-string Bag

Clothing II

Garment protector
Skirt
Blouse - sleeveless
Skirt hanger or hangers

Clothing III

Sport shirt - convertible collar
Skirt
Dress - cotton

Clothing IV

Dress - semi-tailored
(This should be exhibited)
Wool press cloth
Pressing cushion

Clothing V

Dress - (This should be exhibited
whether other things are or not)
Accessory or slip
Mending done by machine
Article of clothing purchased

Foods I

5 baking powder biscuits
2 hard cooked eggs in shell
1 cup baked custard

Foods II

5 plain muffins
5 whole wheat muffins
5 oatmeal cookies
5 peanut butter cookies

Room Improvement I

Dresser Scarf or set of scarves
Picture - framed
Storage item for dresser drawer
Dusting Mitt

Room Improvement II

Pillow slips - 1 pair
Pillow Protector
Room arrangement - diagram before and
after

Foods III

5 plain yeast rolls
butter cake - by conventional method
cake decorated for birthday party

Foods V

Roberta discuss this with me

Food Preservation I

1 pint tomatoes - by water bath
1 pint fruit - by water bath
1 pint tomato juice
1 pint fruit juice

Food Preservation II

1 pint vegetable - by pressure
Set of 3 other vegetables - 3 different
(By pressure)

COOPERATIVE EXTENSION WORK IN
AGRICULTURE AND HOME ECONOMICS

State of Arizona

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Greenlee County Cooperating

Duncan
Aug. 8, 1956

Agricultural Extension Service
Home Demonstration Work
County Agent Work

Dear 4-H Club Member:

Since one of your requirements for completion of your 4-H project work is to exhibit your project, and the county fair isn't until after the county finish-up and reports are sent to the state office, we have planned a County 4-H Achievement Day for all home economics 4-H girls.

Achievement Day for all of you girls in the Duncan Wildkittens and York Cowgirls will be held Friday, August 24, in the Recreation Hall of the Duncan Methodist Church. Your exhibits should be entered between 8:30 and 9:00 A. M. on the 24th.

You may enter the demonstration contest, if you wish. I would suggest that you do, especially if you are interested in trying out for 4-H Roundup next year. This year's experience will help you to do a better job next spring, and give you a better chance at qualifying for roundup. You are responsible for all of your own supplies and equipment. Demonstrations will start at 10:00 A. M. on the 24th.

At 2:00 P. M. all clothing girls will model their 4-H garment - dress, blouse and skirt, or apron.

Encourage your mother and friends to come for the days activities -- to see the demonstrations, the dress revue, and exhibits. Miss Jean Stewart, State Leader of Home Economics Extension Work, will be our judge during the day's activities.

4-H Finish-up

Have you completed all of your work - project articles, record books, etc.? These should be done by now and in the hands of your 4-H Club leader. She needs time to complete her report on work done in the club and by you members.

These project books and leader's report must be turned in to me on Achievement Day -- August 24. This is a bit earlier than last year, but my September schedule is such that I will have to make my report for all home economics project work in the county early in September. I'm sure you will want to cooperate and help me get this done by getting your record book into me on time.

You should be present for the Achievement Day activities. If you aren't, it should be because you have an awfully good reason, like being ill. In such case you should send your exhibits along with a written reason for your absence. If you know ahead of time that you cannot come - you can come (with your exhibits) to the achievement program in Morenci on the afternoon of August 16th. Check with Mrs. Flora Munkres as to the place, or if this isn't possible, let me know so I can make other arrangements for you.

Be seeing you August 24 ----

Sincerely,

Mildred O. Eaton

MOE:fs
cc: 35

Mildred O. Eaton
Home Agent

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Graham County Cooperating

SAFFORD Agricultural Extension Service
Home Demonstration Work
County Agent Work

October 30, 1956

DEAR 4-H CLUB LEADER:

The Singer Sewing Machine Company is giving training on Care and Use of the Sewing Machine to 4-H clothing club leaders throughout the United States.

A training meeting for 4-H leaders in Graham and Greenlee Counties will be held Wednesday, November 7th from 9:30 A.M. to 3:00 P.M. This meeting will be held in the Safford Singer Shop on Highway 70. Mrs. June McBride will conduct the training and help you so you can train your 4-H girls.

This is a valuable training meeting - one you cannot afford to miss. I spent one day in Phoenix going through the training under the district lady from the Pasadena office. I will be there to help and answer your questions.

You may bring your own sewing machine, if you wish to do so. However, there will be plenty of machines for your use if you don't want to bring your own.

Will you please bring the following with which to work:

Scissors
Hem gauge (a ruler if you have a metal gauge)
Pencil and paper for note taking

Other supplies will be provided by the Singer Company.

Do make every possible effort to attend this meeting. If you cannot come, please let me know if you can.

Sincerely yours,

Mildred O. Eaton

MOE:lg
Mailed under stamp

MILDRED O. EATON
Home Agent
Graham and Greenlee Counties

cc: 40

WEEKLY COLUMN and NEWS ARTICLES

THE COPPER ERA

MORENCI LEADER and DUNCAN VALLEY NEWS



Chatting

With Your
Home
Demonstration
Agent
Mildred O.
Eaton

The Greenlee 4-H Foods leaders met at the home of Mrs. Mattie Foote and planned their project work for this coming year. The leaders had an opportunity to discuss and have project requirement and methods clarified. We also discussed suitable equipment for cooking their products.

I am leaving early Thanksgiving morning for Chicago to attend the National 4-H Congress with twenty-three 4-H'ers from Arizona and the state 4-H Leader, Mr. Graham Wright. Neil Johnson, a Greenlee County boy, will be one of the 4-H'ers going this year. We will be traveling by train to and from Phoenix.

Immediately following our return on December 2nd, I will go

to Tucson to attend the Annual Extension Conference, December 3 to 8.

Please note that I won't be in the county from November 22 to December 8th. Also that I will be in the Safford office on December 10th and in the office in Duncan December 11th to December 13th.

If you don't have a copy of the bulletin—"Turkey on the Table"—call or write the office for one. It contains some suggestions for use of left over turkey as well as suggestions on purchasing and cooking the turkey. You may also want to pick up a copy of the mimeographed material and leaflet on "Preparation of Cooked and Baked Foods for Freezing."

Doughnuts are for dunking. And wintertime is the time for doughnuts.

Homemade doughnuts are especially good, of course. But if there is little time around your house, here are some suggestions for giving bakery doughnuts a party flare.

The local dunkers will be interested in how "the doughnut got its hole. It's claimed that the doughnut acquired the hole aboard a Yankee ship sailing out of Maine. While at sea, the skipper noticed that his men stuck their fried cakes on the spokes of the ship's wheel to keep them out of harm. The thrifty captain, noting the waste made by the hole, ordered the cook to make the cakes with a hole so that they could be hung about the ship. Today, although the need for the hole is past, the idea—and the story—has stuck.

Even if your guests and members of your family don't believe the story, they will enjoy cinnamon toasties. Here's how: slice the doughnuts crosswise, spread each half generously with butter or margarine. Sprinkle with a cinnamon-sugar mixture (2 table-

spoons sugar and ½ teaspoon cinnamon), and heat in shallow pan in a hot oven (400 degrees) for five minutes. Serve warm, and—let 'em rave!

Or, try cheese-toasted doughnuts (sprinkle grated sharp cheese over each half and toast in oven). And, if nobody's on a diet, make butter pecan doughnuts. Spread cut halves with butter and sprinkle over each ½ teaspoon brown sugar and ½ teaspoon chopped pecan nuts.

Believe it or not, the home kitchen can be a mighty dangerous place.

Kitchens present real hazards to children, and a play pen or area in or near the kitchen is a good way to protect small ones.

Falls, according to the National Safety Council, are one of the major kitchen hazards for adults. Protect yourself and others by immediately cleaning up spilled water, grease, or foods. Stop another kitchen danger—That of climbing chairs, boxes, and other makeshifts when reaching for high shelves; use a safe step stool.

Cuts can easily be avoided if you practice the care, use, and storage of knives. Store sharp knives separately, wash them by themselves, and never leave them in the dishwasher. Put them away immediately after using.

Burns are still another cause of serious injuries. Keep pot-holders near the range and use tongs for handling hot food. Warn your children of the dangers of a hot stove, and watch them when they are in the kitchen.

Hurry produces lots of kitchen accidents, too. Don't wait until the last minute to prepare meals. Planning pays off in safety, better meals, and a happier family.

THE COPPER ERA

MORENCI LEADER and DUNCAN VALLEY NEWS

SEC. TWO

FRIDAY, FEBRUARY 10, 1956

PAGE SEVEN



Chatting

With Your
Home
Demonstration
Agent
Mildred O.
Eaton

Miss Grace Ryan, home furnishing specialist, University of Arizona, has been with us this week for the re-upholstering of furniture workshops. During each two-day workshop each lady made a footstool or hassock with springs. Each step in reupholstering furniture was experienced.

The workshop in Greenlee County was held on Tuesday and Wednesday in Clifton and the one for Graham County homemakers was held on Thursday and Friday in Safford. Twenty-six homemakers were enrolled in the two workshops.

Homemaker extension clubs are having "Casserole Meals Served Buffet Style" as their lesson this month.

There are many advantages of cooking in a casserole. It makes possible the use of leftovers in attractive, palatable combinations. Tough cuts of meat can be cooked tender at low cost. Vegetables and meat can be prepared in almost unlimited variety of ways. Any vegetable that can be boiled, baked, steamed, scalloped or creamed can be used in the casserole.

Food cooked in a casserole needs little watching. The food can be kept warm and still attractive if the meal is delayed, and there is no loss of vegetable or meat juices. These juices contain a valuable part of the food which is often thrown away, especially in the case of vegetables that are boiled.

A whole meal may be cooked in the oven—in a casserole while the oven is being used for some other purpose. A particularly beautiful pottery casserole can serve as a magnificent centerpiece. Food can be served in the dish in which it was cooked, thus saving dish washing.

While potatoes are on the plen-

tiful list and the price is low, why not serve them in a variety of ways—baked, stuffed, scalloped, au gratin. Here is a recipe for Sweet Potatoes, Apples, and Sausage casseroles that you may want to try: Form one pound of sausage into patties and fry until lightly browned on both sides. Remove from pan, pour off fat so that not more than four tablespoons remain. Add four tablespoons of molasses (I use brown sugar) and salt to the sausage fat.

Cook two to four sweet potatoes, and then slice them. In the bottom of a greased casserole alternate layers of sweet potatoes and slice four tart apples. Lay sausage patties on top and pour sausage fat mixture over all. Bake in a moderate hot oven—375 degrees for 30 minutes. If meat is short add black walnuts.

Packages of dough take up less freezer space than the same amount of baked rolls. Put enough dough in a freezer carton to make the number of rolls you want to serve at a meal. Thaw the dough as you need it and handle it in the same way as you would freshly mixed dough.

For good chili, grind beef just once through the coarse blades of the grinder. Since some folks like their chili hot, and others like it mild, season it moderately during cooking. Leave the final seasoning to each person by passing a shaker of chili powder at the table.

For a little change of pace in the children's peanut butter sandwiches, place thin slices of banana on top of the spread. Or, use crisply fried bacon slices.



Chatting

With Your
Home
Demonstration
Agent
Mildred O.
Eaton

4-H boys and girls all over the United States are observing National 4-H Club Week this week, by setting up window displays of their project work, special publicity, and community projects. Watch the newspapers and windows in your community for these articles and displays.

Graham County 4-H'ers started off the week with a radio program given by representatives of six of the nine home economics and one of the six agricultural clubs, and the two county agents.

Greenlee County clubs are making miniature exhibits which are being displayed in windows of the county. Special space is being given for special articles about projects, work, and activities of the individual clubs and the county leader's council. They are including pictures of some of the work.

In Graham County we have ten clubs carrying home economics project work—two in Safford (one clothing I and one Foods I); five in Thatcher (2 foods I, one clothing I, one clothing II, and one advanced clothing); two in Pima (both clothing I), and one in Bylas carrying clothing I and II. The Eden club members are carrying both home economics and agricultural projects.

In Greenlee County we have six clubs carrying home economics project work—three in the Mo-
renci area (one first year clothing, one foods I, and one advanced clothing), one in York carrying both foods and clothing; and two in Duncan carrying foods, clothing, and room improvement.

Ever wonder just where your food dollar goes? According to information received from the Agricultural Extension Service of the University of Arizona, meat, poultry, and fish take the largest amount of money spent for food by U. S. families. Out of every dollar, 28 cents goes for these foods. But, 20 cents of the same dollar buys dairy products like milk, butter, eggs, cheese, and ice cream.

Produce, including potatoes, vegetables, and fruits take 12 cents of the food dollar. Baked foods, including bread, rolls, cookies, crackers—canned and dried foods, and beverages each account for about 8 or 9 cents.

COPPER ERA — CLIFTON, ARIZONA

FRIDAY, MARCH 9, 1934

The "Sweet tooth" of our nation's families claims five cents out of each food dollar for sweet flavorings, jams, jellies, preserves, confections, and desserts. The cereal-flour-macaroni group and the fats-shortening-baking supplies group each take 2 cents, and other items one cent.

How can we stretch our food dollar? One way is by checking closely for specials and good buys, and keeping the list flexible enough to take advantage of the special sales. Another good way is to read labels and compare

prices on amounts, quality, and uses for container contents. Buy foods in season when they are plentiful and price is usually lower.

Supplies of grapefruit, canned cherries, lard, dates, potatoes, dairy foods, peanut butter, canned tuna in oil, pork, beef, broilers, and friers are all on the plentiful list for March—all good buys.

Do you make an economical use of your home freezer? Remember—the greater the turnover of frozen foods in a home freezer, the more economical its operation will be on a per-pound basis, according to reports from the United States Department of Agriculture. For example, storing 360 pounds of food per year costs more than twice as much per pound (not counting the food itself) than using 900 pounds from the same freezer during the year.

The reason high turnover decreases storage costs per pound is that certain fixed costs of freezer operation are large compared to other costs involved in freezing.

(Delayed from last week)
Wool by law must be labeled. The Federal Trade Commission

has amended its rules since there are so many blends.

In such fabrics containing several fibers, the new ruling says that the man-made fibers as well as the natural fibers must be given in percentage and then listed in order of their predominance by weight.

Fabrics for spring tend to be very sheer. Silk, and silk and wool blends will be on the market, also other blends and all wool. A wool and linen blend with a textured effect will be new.

The designers show skirts that are straight or give the illusion of a straight line through side pleats and back gores. The jackets touch the body but they are not tightly fitted.

Shorter jackets are eased at the waistline, ending above the wrist length. The bolero is fitted instead of having a boxy effect. Some are gently bloused in the back.

Coats are straight in line. Ensemble coats in Chinese effect are good in Spring outfits. Fabrics are soft. Silk coats are good in faille bengalines. The $\frac{3}{4}$ and $\frac{5}{8}$ lengths take the place of the shorty.

Dress skirts are shorter, 15-inch at present, and they may be even shorter later this spring. The

higher waistline is shown. We will see the straight dress without waistline break.

Silk in dress fabric is high fashion. Silk and cotton blends will be most popular. The oriental influence will be seen in fabrics as well as designs. The cape dress or suit will be a favorite with juniors.

Linen in textured fabrics will be good in sports wear and lighter weights for dressy dresses. The long torso will probably have finished its popularity by spring and summer.

Here is a recipe for a GUM DROP FRUIT CAKE, and it's really "yummy." Mrs. Vivi Cox, member of the Mo-
renci Home-makers' Club, shares her recipe with you.

- 1 lb. raisins
- 1 lb. dates
- 1 pkg. orange peel
- 2 pkgs. large gum drops cut into pieces (don't use black ones)

Mix above ingredients together, then add the following:

- 2 cups nuts (walnuts or pecans)
- 4 cups flour
- 1 teaspoon cinnamon
- $\frac{1}{4}$ teaspoon cloves
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon nutmeg
- 2 cups sugar
- 1 cup butter or margarine

- 2 eggs
- $1\frac{1}{2}$ cups apple sauce
- 1 teaspoon vanilla
- 1 teaspoon soda

Dissolve soda in one teaspoon hot water. Crumb shortening, sugar, well-beaten eggs, apple sauce and vanilla. Sift flour, spices, soda and salt. Then mix all with the fruit mixture. Pour into two loaf pans. Bake $1\frac{1}{2}$ hours at 350 degrees F. This cake will keep indefinitely if stored in a well covered container to prevent its drying out.

Did you try the Baked Stuffed Halibut Steaks with Sweet Pickle Stuffing? The recipe was included in last week's column. Did you like it? If so, you would like to have more of similar recipes for fish cookery. Phone, write, or call at the Safford office for a copy of a leaflet put out by the Agricultural Extension Service, University of Arizona.

Spring is in the air. Are you going to make new slip covers to perk up that chair or divan? Have you seen the new 5-piece slip cover? Call at our extension office for a copy of a new bulletin—"Simplified Slip Covers" by Miss Grace Ryan, home furnishings specialist, University of Arizona. It's new—just off the press.

Representative Clippings From
The Copper Era

4-H Program In Morenci Doubled

The 4-H program in Morenci doubled in a single year with the addition of two new clubs. Mrs. W. M. Cox assumed the task of leading 8 girls in first year foods work, and Mrs. T. D. Patterson is leading 7 girls in the first year of the clothing project.

Both of these new clubs are active and becoming well-oriented in the 4-H program, according to Mrs. D.R. Scott, president of the Greenlee county 4-H Leaders Council. In addition to regular project discussions, demonstration, recreation and refreshments are a part of each meeting. Both clubs participated in the National 4-H Club week box display contest.

The members of the Kopperettes club, led by Mrs. Cox, are: Irene Velasquez, president; Joyce Morgan, vice president; Sandra Cox, secretary-treasurer; Irene Grace Estes, reporter; Barbara Cooper, program leader, Emily Godbey, recreation leader; Shirley Cooper, and Marvene Bradford. Barbara Cooper and Irene Estes prepared box displays to supplement the club display prepared under the supervision of Mrs. Cox. Irene's display placed second in her division. Their community service activity consists of helping provide clothing and food for a small orphan child in a foster home in the community.

Homemakers Learn Furniture Repair

Members of the Greenlee Homemakers Extension Clubs learned many things about repairing their furniture during March. Leaders of each homemaker club attended a workshop conducted by Miss Grace Ryan, home furnishing specialist, University of Arizona, and Miss Mildred Eaton, Greenlee Home Demonstration Agent.

During the workshop each leader learned how to tie and bed springs, replace the old worn out webbing, cover springs and pad them with moss and cotton padding, and apply new upholstery fabric. A study was made of the different kinds of fabrics on the market for upholstering. Advantages and disadvantages of each were determined.

Leaders attending the workshop carried the information back to members of their homemaker groups and gave training to the members on repairing their furniture.

4-H GIRL HIGH POINT JUDGE

Manda Moffett tied for first place as high point judge in the Junior Clothing Judging Contest during Arizona 4-H Round-up June 5-9. She was honored with a special ribbon during the 4-H Banquet Friday night. Manda also won blue ribbon on her junior individual food preparation demonstration — "Preparing a Vegetable Salad Plate."

Roberta Stratton, Gwenn Kennedy, and Arlena Brown were other girls from Greenlee County who participated in Round-up activities at the University.

Roberta received second place on her senior dairy food demonstration—"Making Cheese Dips and Spreads." Gwen participated

in the junior dairy food contest with her demonstration—"Making White Sauce." Arlena received a second rating on her junior food preservation demonstration — "Preparing a Chicken for Freezing."

Miss Martha Clayton, foods leader for the Duncan Wild Kittens 4-H Club accompanied these girls to Round-up.

Homemakers To Install Officers

The Clifton Homemaker's met in the home of Mrs. Faye Forehand on November 27. Members decided to cancel their Christmas party. The Constitution and By-laws were accepted for the coming year. Officers for the new year were elected and will be installed at the next meeting on January 24 in the home of Mrs. Bertha McCurdy at 606 Elm St. in Stargo.

The following officers were elected: Edna Larremore, president; Bertha McCurdy, vice president; Charlotte Manola, secretary; Helen Taylor, treasurer; Shirley Gehrs, reporter, and Eleanor Sherod, recreation chairman.

Mrs. Sherod won the membership award. Refreshments were served at the close of the meeting. All members are asked to make a special effort to attend the installation meeting.

Morenci Pair Attends Confab At University

Ninety-seven women from all over the state of Arizona attended the Tenth Country Life Conference of Women held at the University of Arizona beginning June 19 and ending June 22. Mrs. Flora Munkres, president of the Greenlee County Council from Morenci, and Mrs. Ruth Harrison, representing the Morenci Homemakers Club attended sessions. The women were housed in Yuma Hall on the campus.

Other county women who attended were Mrs. D. W. Rapier of York, vice president of the County Council and Mrs. W. D. McKeon, also of York.

There was a choice of sessions to attend most every day at some time in the mornings and afternoons and then the regular sessions when all attended in a group. Some of the topics used by speakers were: Developing Industry in Arizona and Its Relation to Rural Living, The Art of Speaking, Role of Parents in Helping Children in Speech, What the High School Is Trying to Do, Your University, Know Your Meat, Quality and Price, Planning Your Outdoor Living, Rights of Women Under Community Property Laws in Arizona.

Thirty members of the University faculty and staff were contributors to this convention.

There were tours, evenings of entertainments and skits for those attending. The theme of the convention this year was "The University Serves the Family."

The women feel they learned much they can relay to their club group members at home. It is these meetings that keep interest high in this sort of work. Those attending are responsible for carrying the interest over to those who could not attend. Greenlee County has been active in Homemakers Clubs.

MORENCI HOMEMAKERS HOLD POTLUCK SOCIAL

The Morenci Homemakers Club held a potluck social on June 14, with Mrs. Wendell Peck giving an instructive demonstration on cake decorating. Each member had a turn at making roses and decorating a cake. Mrs. Peck also gave members an icing recipe that will not get brittle.

The club will hold no July meeting due to the shutdown. The August meeting is scheduled for August 16.

GREENLEE HOMEMAKERS PLAN MEET

The officers of the Greenlee County Homemakers Clubs held their spring planning meeting at the York clubhouse on March 21. The morning session was spent reading the revised constitution which is to be presented to the Greenlee County Council at the spring meeting. A series of proposed policies were drawn up for council consideration.

It was announced that a pre-program planning committee meeting with four representatives from each member club would be held on May 10 at the Plantsite recreation hall. The meeting will start at 10 a.m. and all members of this committee are asked to bring a sack lunch.

After lunch, the afternoon session dealt with the spring council meeting which will be held May 3 at the York clubhouse. Registration will start at 9:45 a.m.

It was announced that the annual Country Life Conference will be held at the U. of A. in Tucson June 19 to 22. Miss Mildred Eaton, Home Demonstration Agent for Greenlee and Graham counties, stated that women attending the regular workshop sessions of the Homemaker clubs are in a sense, attending the University of Arizona.

Officers present were: Mrs. Flora Munkres, Morenci, president; Mrs. Viva Cox, Morenci, treasurer; Mrs. Edna Larremore, Clifton, secretary; Mrs. D. W. Rapier, York, vice president; Mrs. S. A. Sinclair, Plantsite, reporter; and Miss Mildred Eaton, Home Demonstration Agent.

HOMEMAKERS OF PLANTSITE MEET

The Plantsite Homemakers Club met May 15 at the Plantsite Recreation hall. Observance of the meeting was Care and Treatment of Fabrics.

Ruth O'Neal and Lonetta Miles were the leaders and hostesses. They showed the raw material from which nylon thread is made, the difference between nylon and dacron thread, they showed some new materials and told why some

Greenlee County Homemakers Hold Officers Training Meeting

Greenlee County Homemakers held their officers' and leaders' training meeting on January 25 in Clifton. The meeting was opened by Mrs. Flora Munkres, president of the County Council, who turned the meeting over to Miss Mildred O. Eaton, Home Demonstration Agent for Greenlee and Graham counties.

The group was divided into three sections to discuss ways and means of improving Homemaker meetings. When the groups reconvened for an open forum these suggestions were discussed and amended.

Miss Jean M. Stewart, U of A Home Economics Specialist, gave an instructive talk on "How to Conduct a Meeting."

Following a luncheon served by the Coronado Cafe, a short training session was held for the officers on their official duties. Miss Stewart gave a demonstration to the project leaders on how to make a "no-roll" pie crust and talked on how to demonstrate a project. Mrs. Munkres appointed Mrs. Mearl Moulder of the Plantsite Homemakers as Parliamentarian for the Greenlee County Council.

Officers and leaders present were: Morenci, Mesdames Ruth Harrison, Lucy Campbell, Janet Hardy, Betty Enrico, Viva H. Cox, Lorene Cross, Flora Munkres and Irene Estes; Plantsite Homemakers, Mesdames Nell Freeman, Pearl Anderson, Bernice Park, Irene Andrews, Dorothy Peters, Mearl Moulder, Lonetta Miles and Virginia Sinclair; Clifton Homemakers, Mesdames Edna Larremore, Eleanor Sherod, and Charlotte Manola; York

of the new materials are harmed by bleach, and gave the reason why people keep the labels that come with ready-made garments.

Those present were Virginia Sinclair, Toni O'Hanlan, Pearl Anderson, Irene Andrews, Dorothy Peters, Murl Moulders, Irene

Mahan, Bernice Parks, Ann Mahan, Ruth O'Neal and Lonetta Miles.

Homemakers, Mesdames Mattie Foote, Dean Rapier, and Iola McKeon.

CLUB HOLDS WORKSHOP

On February 7 and 8 the leaders from the Homemakers Clubs of Greenlee county held a workshop at the Coronado Inn Hall in Clifton. The theme of the workshop was "Furniture Repair and Upkeep." In order to better understand the subject each lady made a large footstool, using heavy springs and upholstered in heavy, durable material.

The class was taught by Miss Grace Ryan, Home Management Specialist from the University of Arizona, assisted by Mildred O. Eaton, Home Demonstration agent.

Homemakers Of Clifton Meet

The Clifton Homemakers Club held their regular monthly meeting at the home of Polly Smith in Plantsite on June 26.

Edna Larrimore, President, conducted the business meeting. Plans were made for a picnic for members and their families at Cherry Lodge on July 21.

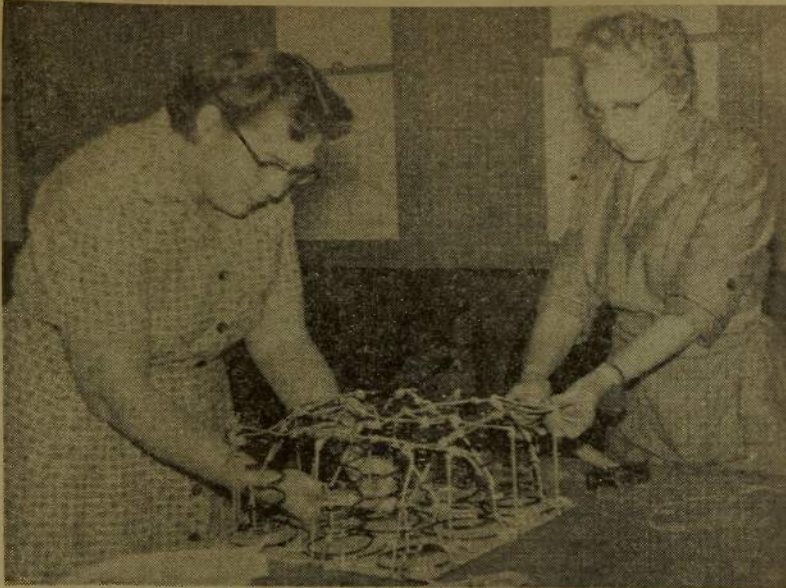
The meeting was then turned over to Charlotte Manola and Polly Smith who gave the lesson on "Care and Treatment of Fabrics."

Bertha McCurdy won the door prize.

Delicious refreshments were served by hostess Polly Smith and co-hostess Charlotte Manola to Edna Larrimore, Faye Forehand, Nancy Leyendecker, Bertha McCurdy, and Eula Bingham.

HOME EC STEPS AHEAD

*Progress Is the Key in Graham-Greenlee Counties
Where 4-H and Homemaker Club Activities Vary*



Miss Grace Ryan, right, home furnishing specialist at the University of Arizona, helps Mrs. Jean Jones of the Morenci Homemakers Club tie and bed her springs in making a foot stool. The picture was taken at the two-day workshop held in Clifton for Greenlee Homemaker Club members.

THE 4-H GIRLS and members of homemakers clubs in Graham and Greenlee Counties are just what the various club names say: Happy 4-H'ers, Busy Maids and Willing Workers.

And for the first half of 1956, they all have been Busy Bees.

Accomplishments include two Saturdays of work — March 24 and 31 — during which the girls of Safford's two 4-H home ec clubs, the Lucky Klover Klub and the Happy 4-H'ers, went to work selling Easter lillies with proceeds going to the crippled children's fund. "When it was all over," says Miss Mildred Eaton, Graham-Greenlee home demonstration agent, "the girls had collected \$92.36. We are awfully proud of them, since that was the second

largest amount ever collected for that work in Graham County."

And the women and girls of the two counties are just as proud of Miss Eaton. She has her hands full with a job that keeps her going strong just keeping track of the growth of home ec and homemaker clubs.

Six Thatcher Clubs

In addition to the Safford 4-H clubs, there are six clubs in Thatcher. The Fashion Girls, led by

Mrs. Cressa Nelson, are studying advanced clothing and have been named the most outstanding club in the County for the last two years. The Merry Maids, led by Mrs. D. S. Phillips, are studying second year clothing; Jolly Janes, Mrs. Derald Mulleneaux, first year clothing; Busy Teens, Mrs. Kennedy Curtis, first year foods; Willing Workers, Mrs. Leonard Thompson, first year foods; and Busy Maids, Mrs. Keith Smith, first year foods.

The two Pima clubs, Pima Pals and Busy Bees, led by Mrs. Lloyd Kempton and Mrs. Lynn Carter, respectively, are working on first year clothing.

The 4-Leaf Clover Club of Bylas, led by Mrs. Marybelle King, is engaged in first and second year clothing projects.

The Eden Community Club members have first and fifth year clothing as projects. This is a joint club, operating with a boys' agriculture club. The two girl members are Lorraine Kempton and Marlena Douglas.

Safety Project

The Fashion Girls entered a float with the Thatcher Cow Boys in the Sheriff's Posse Rodeo parade recently and are also working to get fluorescent tape on bicycles as a safety project.



This picture shows the activity when the Morenci 4-H Stars held a work meeting to make sewing cabinets. The work was done with the assistance of parents of the members. At left with her back to the camera, Ann Rhodes is wielding a hammer while her father, J. C. Love, looks on. The girl in the middle is an unidentified visitor. At right, Louise Fenzi and her father, Warren Fenzi, inspect their handiwork and decide what to do next.

"Enrollment among the young clubs," Miss Eaton points out, "has doubled. We had three clubs last year in Thatcher, and now have six there."

And progress is being made at the Bylas club where a new two-room building has been built at Bylas School. The home ec and ag clubs use the building during the school year.

In Greenlee County, progress is just as outstanding, with the Duncan Wildkittens Club a veritable volcano of activity. Mrs. Stanley Coons is leading first and second year room improvement projects.

Mrs. Bruce Miller and Mrs. Albert Williams are leading first, second, third and fourth year clothing projects, and Miss Martha Clayton

and Mrs. W. H. Brown are leading first, second, third and fourth year food projects. "Some of the girls in this club are really working," Miss Eaton points out, "and are engaged in all three projects."

Activity Varied

The York Cow Girls, led by Mrs. Warren Foote and Mrs. James Sanders, are engaged in both food and clothing projects and, in addition to their regular meetings, meet once a month jointly with the York Cow Boys.

The Morenci 4-H Stars, headed by Mrs. E. C. Munkres, are working with second, third and fourth year and advanced clothing projects. The Morenci Cloverettes, engaged in a first year clothing project, are led

Home Ec Steps Ahead

(Continued from Page 27)

by Mrs. Thomas Patterson, a former Arkansas 4-H girl.

And the Stargo Copperettes, led by Mrs. William Cox, have first year food as their project.

"The Morenci 4-H Stars," reports Miss Eaton, "recently held a work meeting to make sewing cabinets. The meeting was held under the direction of Mrs. Munkres, and the cabinets were made with the assistance of the girls' fathers and mothers."

Participating at the meeting, which turned out some fine cabinets, were: Glenna Miller and her mother, Mrs. J. D. Miller; Sandra Cox and her parents, Mr. and Mrs. W. M. Cox; Joyce Morgan and parents, Mr. and Mrs. John N. Morgan; Irene Velasquez and her father, Henry Velasquez; Geraldine Allen and father, Donald Allen; Betty Hackney and father, Ray Hackney; Louise Fenzi and her father, Warren Fenzi; and Ann Rhodes and her father, J. C. Love.

Homemakers Busy

The homemakers in the two counties have been just as active as the younger clubs. The Safford Young Homemakers is going strong after being organized in February. And the Aravaipa Club is one of the centers of activity around Klondike for the 12 members, most of them ranchers' wives. The Thatcher Homemakers has a membership of 20 while seven homemakers are engaged in club work at Eden.

In Greenlee County, the York Club has a membership of 26, the Clifton Club, 20, Plantsite, 15, and Morenci, 38.

"During National Home Demonstration Week," Miss Eaton says, "representatives from each of the four Greenlee clubs were interviewed by me during a 30-minute

radio program and club projects, plans and activities were discussed. Each club had a window display for the week and supplied information for newspaper stories about the work. And a spring council all-day meeting was held at the York clubhouse."

That club is an achievement in itself. In co-operation with the York 4-H clubs, the Homemakers have added a piano, a cooler, new drapes, have had the stove hooked up, improved the water system, have furnished dishes and silver, and are now trying to reroof the building of this community clubhouse.

Still More

The Plantsite Homemakers now are working to organize a club for the Navajo women of the area. The Clifton Club is continuing its project of contributing clothes and food to needy families in the area, and the Morenci Club has many activities, including sponsorship of all 4-H clubs in Morenci.

One of the highlights of the year for the Homemaker clubs in each county was the two-day workshop on repair of furniture.

"The ladies learned all phases of repairing upholstered furniture while making a foot stool," says Miss Eaton. Graham County's two-day workshop was held at Safford. Attending were: Mrs. Maybelle Carpenter and Mrs. Lois Kempton of the Eden Club; Mrs. Bonnie West, Mrs. Leola Lundell, Mrs. Cressa Nelson, Mrs. Gertrude Painter, and Mrs. Nelva Mulleneaux, all from Thatcher; and Mrs. Donald Foote of Safford.

"The women from Duncan and Aravaipa," Miss Eaton reports, "couldn't get over the mountain to attend the meeting because of a

heavy snowfall that blocked traffic."

The Greenlee workshop was held at Clifton. Attending were: Mrs. Jean Jones and Mrs. Ruby Daimon, Morenci; Mrs. Edna Larremore, Clifton; Mrs. Virginia Sinclair, Plantsite; and Mrs. Ruby Sanders, Mrs. Iola McKean and Mrs. Dean Rapier, York.

Right now, if you asked Miss Eaton or any of the 4-H girls what their plans are, they would probably say: "To recover from 4-H Roundup."

As soon as they do, though, they will be right back in the swing of 4-H and Homemaker clubwork and progress.